



0114 258 4595

WWW

www.sheffieldyoungcarers.org.uk

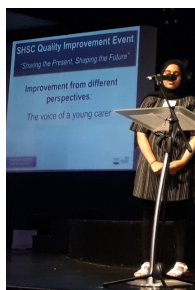


@SheffYoungC

Our Action Group is for young people aged 12+ who have been supported by us in the last year and want to help run SYC, raise awareness, and improve services for young carers. We recruit new members every year. New recruits can stay in the group for up to two years and during this time get the chance to gain lots of new skills, experiences and ASDAN accreditations. Between April 2019 and March 2020, Action Group have...

Improved other services

- Shared our views at the city's Multi-Agency Action Plan reviews twice a year.
- Joined the #WeWill project with young people from other participation groups in the city to encourage young people to get involved in social action.
- Spoke at the Sheffield Health and Social Care Trust Quality Improvement conference attended by over 150 health professionals.
- Gave our views in local consultations about a new Carers Charter and the Carers Strategy Priorities in Sheffield.
- And took part in the first ever Young Carers National Voice event in Birmingham along with young carers from 7 other projects around the country. Now we're planning to work together and campaign to improve education experiences for young carers everywhere!



Raised Awareness

- Made films for SYC's Young Carers Awareness Day social media campaign.
- Took part in an event for World Mental Health Day to help break down the stigma around mental illness.
- Gave a presentation and discussed young carer issues with Gill Furniss MP.
- Had a tour of the Town Hall and met the Lord Mayor of Sheffield to learn how local politics works and help him understand more about young carers.



Helped to run SYC

- Hosted our Annual Showcase and AGM.
- Worked with the Board of Trustees to help guide their work.
- Welcomed reps from our 8-12 year-old groups each term to make sure we represent their views too.
- Judged applications for the Young Carers Activity Fund.
- Participated in SYC's Annual Strategic Review to help plan our work in the year ahead.
- Were part of the interview panel for three new staff in SYC.

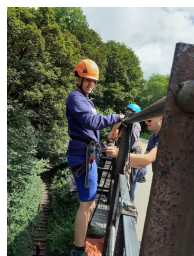
Gained new skills

- Completed two days of training on social action and campaigning.
- Went to a wellbeing day to learn about different mental health conditions and get tips for self-care.
- Some group members did training with Zest to become 'Smoke Free Ambassadors'.
- Attended training at the University of Sheffield to learn about getting into Higher Education and receive first aid training from medical students.
- Took part in a 'Remembering Resistance' art workshop about women activists from the north over the last 100 years, then created our own campaign banners.
- Attended an event called '200 Years of People Power' to learn more about the miners' strike and other campaigns.
- Visited the Sheffield Volunteer Centre to learn more about volunteering opportunities.



And had fun!

- Went on trips to get a break from caring and from all our hard work in the group!
- Enjoyed parties, tasty meals out, de-stressing at Quasar, swimming at Hathersage outdoor pool, a trip to the Board Game Café...
- Oh, and overcoming our fears abseiling from massive giant bridges!



Outcomes for Action Group members

ASDAN accreditations achieved:



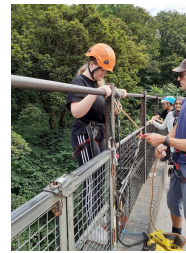
25

- 5 Volunteering
- 13 Citizenship
- 7 Leadership



100%

Felt they'd developed confidence and skills



64%

Had more belief in their abilities



72%

Felt less alone



Moving on from SYC

- At the end of their two years in the group, using the skills and confidence they built in Action Group:
- 2 people joined Sheffield Youth Cabinet
- 3 people joined VIBE (a young women's participation group)
- 1 person joined the Sheffield Children's Hospital Youth Forum

Thank you to all our Action Group members for everything you do - we couldn't run SYC without you!