

IMPACT REPORT 2020-21

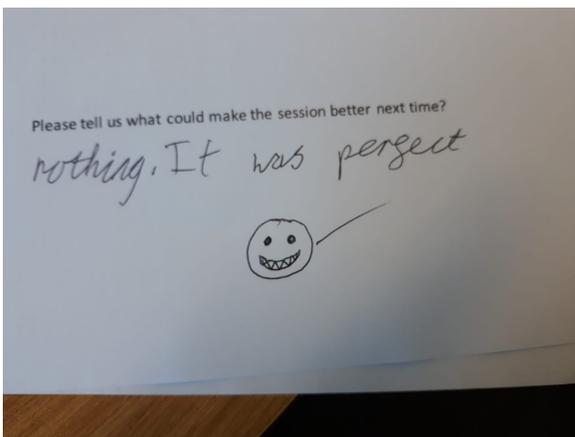
Working with young people to make a difference for life.



At Sheffield Young Carers, we support young carers and young people affected by drug and alcohol issues in their family. It's been a difficult year, with the Covid-19 pandemic creating extra stress and work for the people we support. But we've kept young people at the heart of everything we do and we're determined to make life better for both them and their families.



“My confidence has boosted up since being part of SYC.”



“I can't thank you enough, I don't know what I'd have done without you. You're the only ones that have been there through all this.”



0114 258 4595 www.sheffieldyoungcarers.org.uk



@SheffYoungC



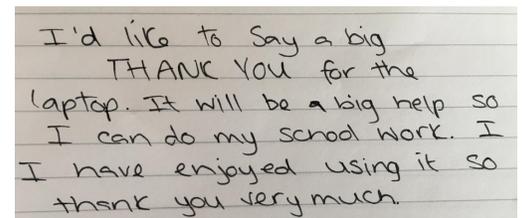
@SheffYoungCarers

Our year in numbers

It has been an especially tough and challenging time for those we support during the pandemic. A lot of our young people have felt more isolated and anxious and young carers have experienced an increase in their caring responsibilities. But Covid-19 hasn't stopped us from being there...

In 2020/21:

- We moved all of our face-to-face support services online but continued to provide a full service, including **64** group sessions and **15** holiday activities.
- We supported **221** young people and **89** families.
- We worked with over **90** Sheffield schools, colleges and universities to help them support young carers.
- We gave out more than **300** e-vouchers, to allow young people to treat themselves and gain a bit of respite during lockdown. .
- We provided more than **40** young people with a laptop or tablet, headphones and/or internet access, to help combat digital poverty.
- **65.5%** of young people told us they understood the illnesses or conditions facing their families better since joining SYC.
- **78.6%** of young people told us they felt happier and more relaxed since joining SYC in the last year.
- **77.8%** of young people achieved the personal goals that they set for themselves when they first joined SYC.

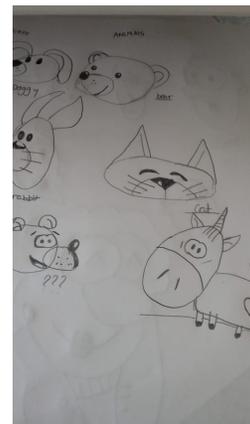
A photograph of a handwritten note on lined paper. The text reads: 'I'd like to say a big THANK YOU for the laptop. It will be a big help so I can do my school work. I have enjoyed using it so thank you very much.'

Our work with young people

“Sheffield Young Carers has helped me - knowing I’m not on my own and there’s help out there. Sometimes it isn’t a huge thing that we need - I just need someone to ask how I am as well as asking how my mum and dad are.”

It’s been a busy and challenging year, but we’ve achieved so much. In 2020-21, our brilliant staff team:

- Contacted every young person and family when we went into lockdown, to make sure they were ok and had everything they needed to access their home schooling and to look after their **health and wellbeing**.
- Made **600 calls** and sent more than **6,000 texts** to young people and their families, each month during lockdown.
- Provided **221** young people with practical and emotional support.
- Delivered **429** confidential one-to-one sessions and **64** group sessions for young people (mainly online but face-to-face whenever restrictions allowed).
- Wrapped and delivered gifts to **106** young people, kindly donated by Hallam FM’s Cash for Kids Mission Christmas appeal.
- Ran online **games, quizzes** and **cartoon workshops**. Young people **painted pottery, made bracelets and masks** and even **recorded their own radio plays!**
- **Worked in partnership** with education and health services and signposted **70** young people and their families to other organisations, for specialist support.
- Received **£21,000** in grants to combat **digital poverty**.
- Plus loads more!



Our work with families

Our Family Project offers support to the whole family, in order to make life better for the young person. We have achieved so much in the past year - here are just a few of our highlights!



"I never thought I would love learning so much, as I hated school. With your encouragement I have completed several adult education courses and passed my [teaching course] in just over 2 weeks. It makes me [a] better mum to have something I feel proud of."

Cared-for parent

In 2020/21 we:

- Supported **33 new families** and **56 historic families**.
- Referred **22 families** to a range of support including counselling, foodbanks, housing and employment support.
- Helped families to access **practical resources** including white goods, essential furniture, aids and adaptations, laptops and Christmas hampers.
- Secured **£44,160** in additional benefits and one-off grants for **47 families**.
- Delivered **18 group sessions** to 67 people, including an online soap-making workshop and an online book club. We also welcomed guest speakers from Healthwatch Sheffield, Brightbox (a maker space in Sheffield) and Workpays (a training provider).
- We set up and facilitated a **WhatsApp group for families**, to allow us to share informal information and to allow families to share ideas and offer one another peer support.
- We participated in a **mental health co-production workshop** and we acted as a peer **review group** looking at a new website called Healthier Together.
- Helen, our Family Project Coordinator, is now part of the **Parent Mental Health Partnership**, advocating the **benefits of whole family working** and ensuring the needs of young carers and young people affected by substance misuse are considered.
- And much more!



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Our wider work

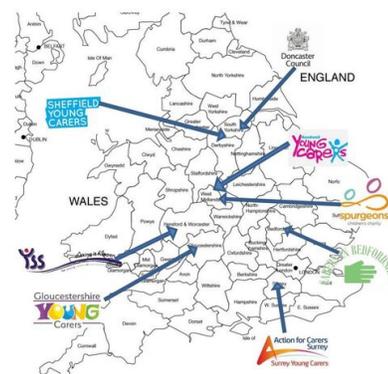
As well as providing direct support to young people and their families, we work hard to raise awareness and to influence the policy and practice that effects them, both locally and nationally.

In 2020-21, we:

- Worked with other young carers projects around the UK, as part of **Young Carers National Voice**, to create campaigns and share good practice.
- Secured three years of funding for our new project, **Greater Reach, Brighter Futures**, to do more work with education providers in the city
- Delivered a wide range of **training and awareness-raising presentations**, including four multi-agency training courses in partnership with Sheffield Carers Centre and Sheffield Health and Social Care Trust and a presentation at Sheffield's Inclusion Conference.
- Made **10 media appearances** to raise awareness of issues facing young carers and young people affected by drug and alcohol issues within their family.
- Participated in a **Japanese TV documentary** on the development of young carers identification and support.
- Worked with Doncaster MBC and Doncaster Carers Service to develop and deliver **Mind the Gap**, a pilot project to identify BAME carers in local GP practices.
- Along with the **London School of Economics**, we're co-leading a **new three-year research project** to explore how services can, and should, support young carers and their families.



**Greater Reach
Brighter Futures**



Young people speaking out

Empowering young people to share their experiences, stories and ideas for change is at the heart of our organisation. Read on to discover some of the ways young people in SYC have used their voices this year!



- Our Action Group had a virtual meeting with **MP Paul Blomfield** where they shared the impact Covid-19 has had on them as young carers and young people affected by substance misuse within their family.
- We had discussions and completed activities about **managing routines, sleep and wellbeing** in lockdown and had a **virtual picnic** and a **virtual trip to London!**
- One group member shared her experiences of lockdown and about being a young carer for **two publications**.

- Our Action Group helped plan and compered SYC's AGM.
- Members of our Action Group attended six **online Young Carers National Voice sessions**. They learnt about young carers' rights, planned a social media campaign for Carers Rights Day and created a logo and strapline. They also created two fantastic resources for education professionals which went out to over 2,000 schools and colleges. One resource was also included in the Children's Society national guidance for schools around Covid-19.
- We had an **end-of-term graduation party** where we celebrated the four people who have finished their time in Action Group. Two of them have gone on to **become our first Young Trustees**.
- Some of our fantastic young carers **featured on Look North** and shared their stories about life during Covid-19.



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Working with young people to make a difference for life.



You make our work possible

2020-21 was a very difficult year for charities all over the UK, with many losing income as a result of the pandemic. We're really pleased to report that we weathered the storm well however, **thanks to our incredible funders, partners and supporters.**

We can't name you all, but from **emergency grants** to help us provide young people with **essential IT equipment** to **amazing individuals** who created and sold face masks or made **generous one-off gifts**, we can't thank you enough.



Financial report 2020-2021

Income: £646,490 Expenditure: £555,895

If you would like a full copy of our annual accounts please contact information@sheffieldyoungcarers.org.uk or call us on 0114 258 4595

Huge thanks to all our dedicated supporters and funders



Paul Grant Charitable Trust

James Neill Trust Fund

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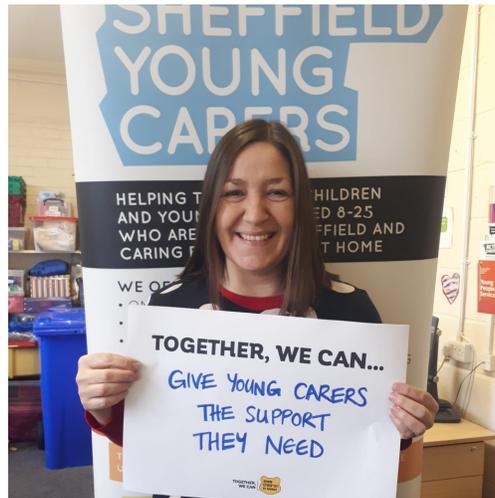


Get involved!

We couldn't do it without you...

We rely on your **generous donations** to continue to support young people and their families in Sheffield.

There are so many ways to get involved and support us. From **fundraising** and **campaigning** to **spreading awareness** about our work, **your help makes all the difference.**



For more information about our events, our fundraising and how you can make a donation, visit www.sheffieldyoungcarers.org.uk, call **0114 258 4595**, or follow us on **social media** today!



Scan the QR code to donate

