

*"When I talk to you I feel like you're friendly, like you're here to support me". Young Carer, 13*

### Foreword from Liz Johnson our Chair

This has been an exciting and challenging year for Sheffield Young Carers Project (SYCP).

SYCP has been actively involved in the development of the new Carers Strategy for Sheffield and as a result of the consultation process, involving our young carers, young carers needs have now been identified as one of the top three priorities in delivery of the strategy. The proactive work of the Charity Manager in the development of the strategy has led to a greater profile for young carers with partner agencies and commissioners. The new Sheffield Carers and Young Carers Partnership Board, set up in response to the development of the Carers Strategy, will allow for the development of action relevant to young carers across services.

SYCP trustees have been focused in 2009/2010 on the development of an updated business plan for the charity, this takes account of the challenges which are facing all voluntary sector services at present. New trustees have been welcomed expanding the range of expertise supporting SYCP.

SYCP has developed its partnership working as a key stakeholder in the provision of Carer Services in the city and also with other agencies working with young people in the city.

SYCP has continued throughout 2009/2010 to exceed its base line activities. Myself and Liz Church the Charity Manager would like to say a big thank you to all our young carers and their families, staff and trustees, social work students on placement and volunteers for all their support over the last year. All your hard work is very much appreciated.

### About SYCP....

#### Who we are....

Sheffield Young Carers Project, known as SYCP, is a Registered Charity, set up in 1997, providing support and services to young people aged 8-21 who are living in Sheffield and have caring responsibilities for someone, usually a parent, who is suffering from mental or physical illness, disabilities or substance mis-use issues.

#### What we do....

At SYCP we currently provide the following:

- Regular activity groups for young carers to socialise with young people facing similar issues
- One to one listening and support sessions for young carers
- Annual residential holidays to give young carers a break from their caring
- Awareness raising of young carers issues to encourage wider support and understanding across the city
- Representing the voice and needs of young carers across strategic policy, particularly the Sheffield Carers Strategy



*"Since joining Young Carers, I feel happy. I usually don't like people knowing about my mum. I feel OK talking to staff at SYCP though because I know they're people who understand" Young Carer, 10*

### Our 2009/10 staff team...

Liz Church

Charity Manager



Laura Selby

Development  
Worker



Denise Anderson

Admin and  
Support Worker



Helen Goldsby-West

Fundraising Officer



Steph Platt

Support Worker



*"Now I have someone to talk to get all the worry and upset out - it has changed my perspective on things. Now I understand things weren't my fault." Young Carer, 12*

### An update from our Charity Manager

Our vision is 'To put young carers at the heart of all we do'. Over the past year we celebrated the increase in groups and individual work we provide for our young carers across the city, reaching out to more and more vulnerable young people and their families. Some of the popular events have been theatre trips, swimming, preparing and tasting healthy food, climbing activities, as well as exploring the impact of caring.

Our achievements range from once again battling the Irish sea and taking a group of young people camping to the Young Carers Festival on the Isle of Man, to one of our artistic young carers winning the LINK logo competition and bringing in a giant sized cheque.

This year has seen the development of many new projects and we welcomed two new staff to the team. Firstly our new Development Worker has brought a range of skills that has led to an expansion in the training and awareness raising we offer, and increasing young carers participation and in sharing their ideas and voices. Secondly, SYCP's new part time Fundraising Officer has started the year by identifying funders open to supporting young carers. She also led on the development of our exciting and informative new website ([www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk)) which was launched in March.



"Coming to the group helped me understand that I'm not on my own." Young Carer, 13

### Our achievements for the year

#### What we did....

- Delivered 2922 hours of group activities and provided 351 hours of one to one support
- Enabled 8 young carers to attend the Isle of Man National Carers Festival
- Raised awareness of young carers during June 2009 for National Carers Week
- Recruited 2 new staff (full time Development Worker and part time Fundraising Officer)
- Delivered awareness-raising to 30 education professionals and 90 social work students
- Developed and launched our new website ([www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk))

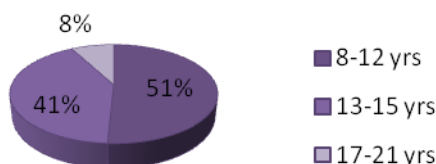
#### Facts and figures....

We received **63 new referrals** to our service between 1<sup>st</sup> April 2009 and 31<sup>st</sup> March 2010. Referrals were made by – Local Authority Agencies (32%); Education Services (21%); Voluntary Organisations (16%); Family or Self (16%); Health Services (11%); Sheffield Futures (3%); Youth Offending (1%). 32 of these new referrals are still receiving support; 5 received support for a period of time; 12 were signposted elsewhere; 14 chose not to accept support.

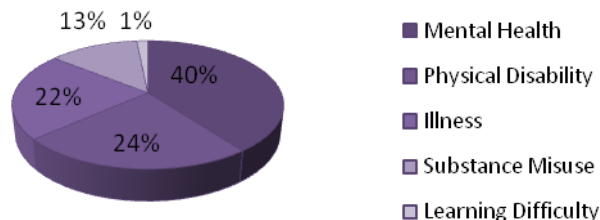
**We supported a total of 69 young carers during the year 1<sup>st</sup> April 2009-31<sup>st</sup> March 2010.**

#### Some information regarding the 63 young carers referred....

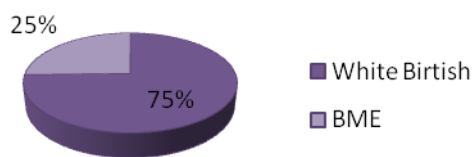
##### Carer Age



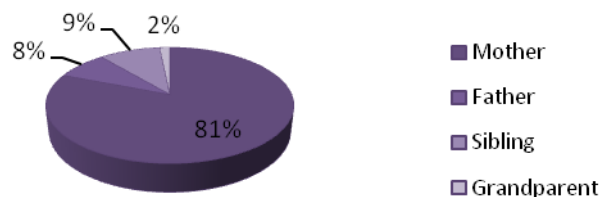
##### Primary Caring Reason



##### Ethnicity



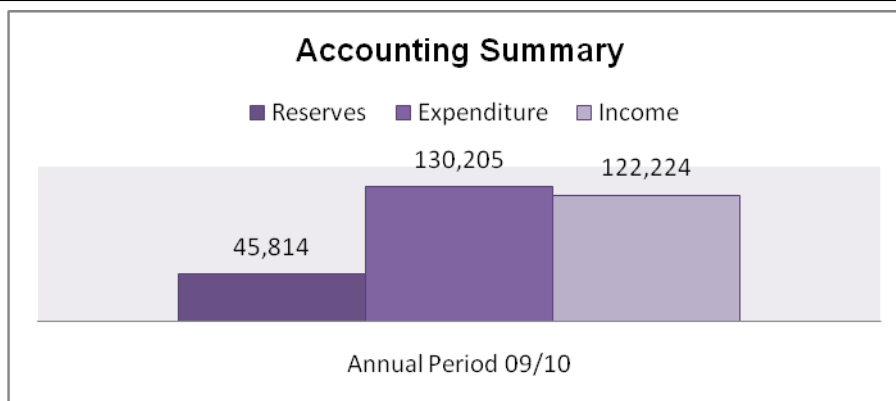
##### Person Caring For



**At 31<sup>st</sup> March 2010 57 young carers were actively receiving support from SYCP**, direct contact work averaged at between 35 and 45 young carers monthly during the annual period.



Financial position



Reserves...

At 31<sup>st</sup> March 2010 SYCP held reserves of £45,814 of which £3,216 were restricted grants which could only be used for the purpose which they were awarded. The remaining £42,598 represents around 4 months running costs and is held to continue the work of the charity should further funding not be secured.

Plans for the future

In the coming year we aim to achieve the following.....

- Increase the number of young carers identified and supported and extend the services we offer to provide the best possible outcomes for young carers in Sheffield
- Continuing to lead on the representation of young carers in the Sheffield Carers Strategy to achieve better support and outcomes for young carers in Sheffield
- Offer regular awareness raising workshops to professionals to ensure that young carers are identified and appropriately supported within schools and other organisations/networks
- Extend and develop income streams to support existing work, develop new work and extend the staff team to support new work and additional young carers, to include fundraising, grants and sale of services such as training
- Develop the charity volunteer base to offer additional support to young carers and opportunities for local people
- Develop and implement a young carer's Participation Committee to influence the work of SYCP in order to best meet the needs of young carers
- Continue to extend and develop the Management Committee to build on existing structures whilst incorporating new skills and new ideas

Our funders

