

IMPACT REPORT 2021-22

Making a difference, for life.



At Sheffield Young Carers, we support young carers and young people affected by drug and alcohol issues in their family.



'I don't feel alone or trapped anymore - I feel free.'

SYC member

Covid-19 is still having a significant impact on the young people and families we work with. Statutory services in Sheffield are under extreme pressure - particularly mental health services - and the rising cost of living is forcing families to make difficult decisions on a daily basis.

We're doing everything we can to make life better.



0114 258 4595 www.sheffieldyoungcarers.org.uk



@SheffYoungC



@SheffYoungCarers

Our year in numbers

In 2021/22:

- We received **131** new referrals into our service.
- We made the gradual return to face-to-face service delivery, running **88** group sessions and **22** holiday activities.
- We supported **181** young people and **114** families.
- We worked with more than **95** Sheffield schools, colleges and universities to help them support young carers.
- We gave out **550** £20 e-vouchers, to allow young people to treat themselves and gain a bit of respite from their caring.
- We created a **new hardship fund** for young carers and young people affected by drug and alcohol issues in their family
- **17** young people received specialist counselling, provided by Free2BYou, and we made another **16** new counselling referrals.
- **73.7%** of young people told us they understood the illnesses or conditions facing their families better since joining SYC.
- **80.3%** of young people told us they felt happier and more relaxed since joining SYC.
- **73.4%** of young people felt closer to the personal goals that they set for themselves when they first joined SYC.
- We gave **28** young people a **£300** grant, helping them to take a break from their caring.



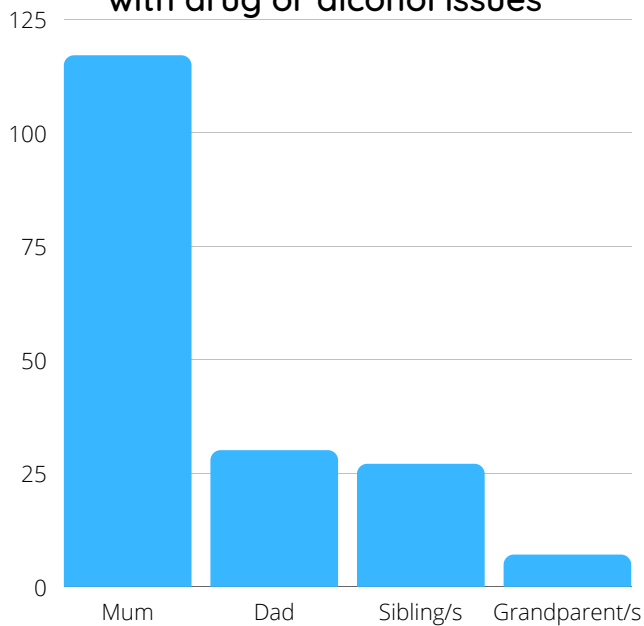
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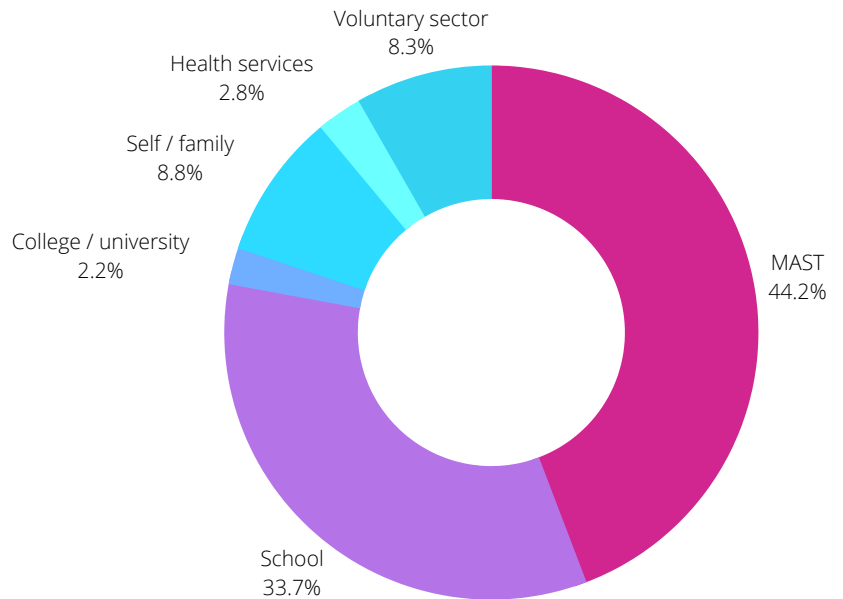


Our year in numbers

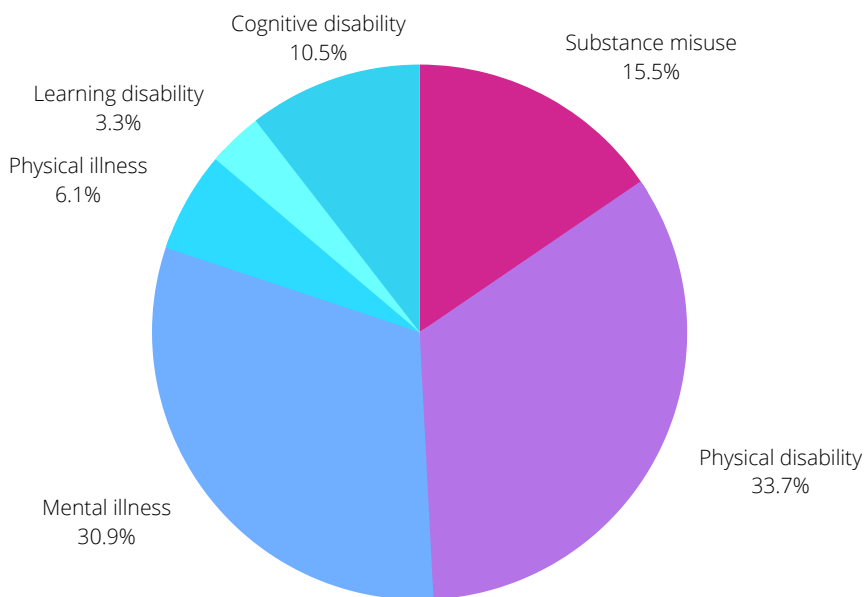
Primary cared-for person / person with drug or alcohol issues



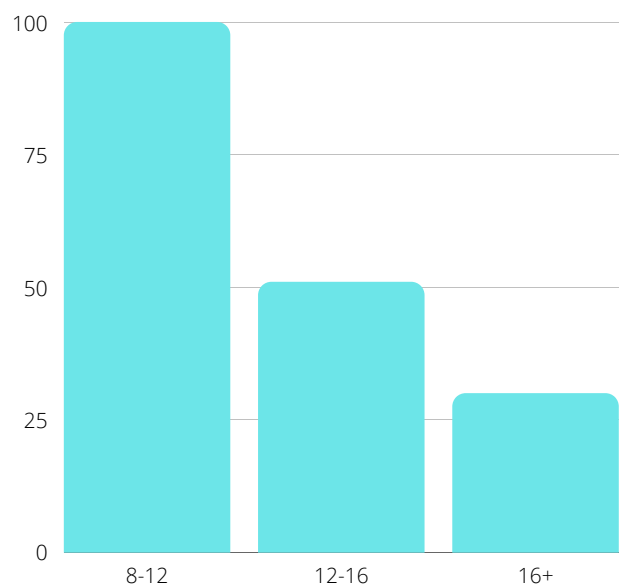
Referring organisation



Primary reason for caring



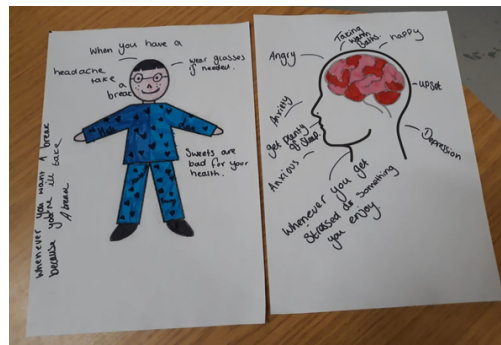
Age



Our work with young people

"I've loved coming to [SYC] because I get to have a break from my caring."

SYC member



We've had a fantastic year, delivering many of our services in person once again. In 2021/22 we:

- Provided **181** young people with practical and emotional support.
- Delivered **658** confidential one-to-one sessions and **88** group sessions for young people (a combination of online and face-to-face groups).
- Wrapped and delivered Christmas gifts, generously donated by Elevation Recruitment and Hallam FM's Mission Christmas appeal, to more than **100** young people.
- Ran **22** holiday activities, including climbing, ice skating and canoeing trips, alpaca walking and producing our own radio plays!
- **Worked in partnership** with education and health services and signposted **49** young people and their families to other organisations, for specialist support.
- Received **£5,000** to combat **digital poverty**... and much more!



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Our work with young people



Meeting an alpaca



Harry Potter escape room



Ice skating at Ice Sheffield



Mug painting at group



Bush tucker trial!



Tallest spaghetti tower challenge

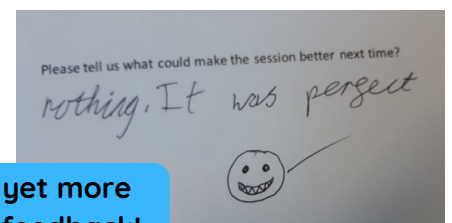
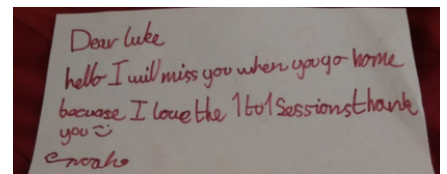
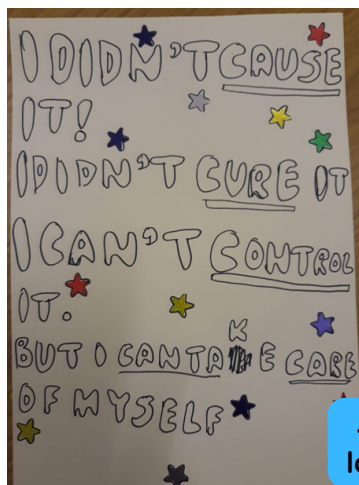
Lovely feedback...

Me to Everyone

What did you think of today's session? (1 = awful, 5= amazing)
What did you enjoy?
What would make it better next time?

to Everyone

1000000000 and I liked everything nothing could make it better



...and yet more lovely feedback!



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Our work with families

Our Family Project offers support to the whole family, in order to make life better for the young person. Here are just a few of our highlights from 2021/22!

In 2021/22 we:

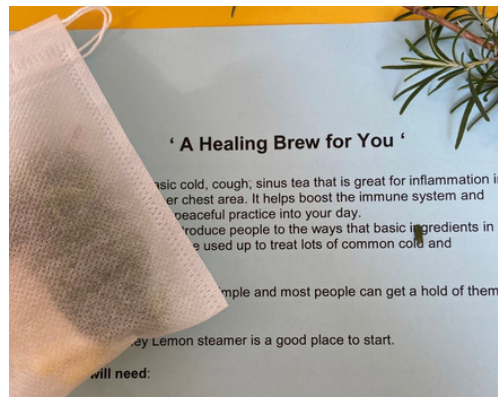
- Provided support to **114 families**.
- Referred **22 families** to a range of support including counselling, foodbanks, housing and employment support.
- Supported **32 families** with benefit applications and appeals and funding applications.
- Secured beds and white goods for **20 families**, via BBC Children In Need's Emergency Essentials funding programme.
- Secured a much-needed holiday for **17 families**, via the Family Holiday Association.
- Applied to the Household Recovery fund, Embrace and Sheffield Young Carers' internal Hardship Fund, securing essential grants and leisure activities for **7 families**.
- Secured more than **£27,000** in additional benefits and one-off grants.



Our work with families

"Had a fabulous time today. Managed it! Feeling good that I fought my fears and now feeling a little proud of myself. Baby steps... but all in the right direction!! It's made a massive difference and made me see I can face fear and walk away."

Parent of a young carer



In 2021/2022 we also:

- Delivered **13 group sessions** for cared-for parents, including: a **wellbeing session** run by The Foundation of You; **interview training**; and five Parent Networking Events including a **Christmas party** and **two skill-sharing sessions led by parents**: one on making homemade herbal teas and natural remedies for wellbeing, and one on learning to crochet.
- **Enrolled seven cared-for parents** on the Level 2 Holistic Therapy Course at the White Rose Beauty training centre.
- Continued to coordinate our ever-popular **WhatsApp group for families**, to allow us to share informal information and families to share ideas and offer one another invaluable peer support.



Our policy work

Alongside our direct work with young people and their families, we work hard to influence the policy and practice that effects them, locally and nationally.

In 2021/22, we participated in a wide range of partnerships, networks and forums to ensure young carers were fully included in service planning across the city and beyond:

- **Local VCS partnerships** with the Carers Centre, The Corner, Parent Carer Forum, Create Sheffield, VCS Leaders Forum, VAS Community Hub, Mental Health Partnership Network and VCS Health and Social Care Strategy Group.
- **Local public sector partnership work** with the Children's Safeguarding Hub, MAST/Social Care, Sheffield Health and Social Care Trust, Sheffield Teaching Hospitals Trust and Sheffield Health and Social Care Partnership.
- **Local cross-sector partnerships work** with the Hidden Harm Implementation Group, Substance Misuse Operational Group (SMOG), Long Covid Echo and Domestic and Sexual Abuse Providers Consultation Group.
- **National partnership work** with the Carers Trust, Young Carers Alliance and a lead role in co-ordinating the Young Carers National Voice. SYC played an active part in lobbying for the inclusion of Young Carers in the Health and Social Care Bill.
- **International work:** a new and growing area of influence for us. We took part in two documentaries on national TV in Japan and delivered two presentations at the International Young Carers Conference.



Our training and awareness-raising work

In 2021/22 we **delivered over 30 courses and presentations** at events and to audiences including the city-region wide General Practice Managers Conference and the CYP Now Early Help Conference, GP Safeguarding Leads and the Adult and Children's Safeguarding Best Practice Group. We've **trained social work students and PGCE students** and delivered **three multi-agency training courses** in partnership with Sheffield Carers Centre.

We've been **developing our research skills and expertise** this year too, recognising where we can play our part as an expert practitioner and help to effect change on the ground for young carers and their families. Our two main areas of research have been the **REBIAS-YC research project with the London School of Economics** (a two-year funded project into how young carers access support and the gaps in provision) and **Time2Talk with the University of Sheffield, Devon Young Carers and Surrey Young Carers**, amongst others (a joint project to develop an assessment tool for inappropriate caring).

We've also:

- **authored an academic paper on inappropriate care** published in the Children and Society Journal
- **developed research plans around the ethics of young carers being co-trainers** and presenting their personal stories with the University of Gloucester and Gloucestershire Young Carers
- **participated in a number of local and national consultations**, including the Independent Review of Children's Social Care and Children's Commissioner Big Ask
- **submitted evidence to Sheffield's Race Equality Commission** and **participated in the Adult Social Care Review** and development of a new strategic plan.

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Our education work

This year we've taken our education work to the next level, thanks to two generous grants and the hard work of our Education Development Worker, Emily.

In 2021/22, we:

- **increased the membership of our Schools Network** (for schools keen to develop their support for young carers and young people affected by substance misuse in the family) to **95 Sheffield schools**. We held **four network meetings**, shared local and national developments and best practice, shared key information / resources and provided expert training.
- **created a new College Network** to complement our Schools Network and held four meetings.
- **took young people** to two **HEPP (Higher Education Progression Partnership)** university experience days for students who are care-experienced and/or young carers.



Greater Reach
Brighter Futures



- **delivered 10 training and awareness sessions** to a range of education providers, including pastoral care teams in two schools, University of Sheffield and Sheffield Hallam social work students, PGCE students, sociology students and Sheffield Hallam staff.
- **provided support and training** and **developed specialist resources (including a new awareness-raising film)** for the first cohort of education providers in our exciting new **Greater Reach, Brighter Futures** education project.



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Campaigns and awareness raising



We ran three public campaigns in 2021/22, to coincide with Carers Week in June, Carers Rights Day in November and Young Carers Action Day in March. We encouraged young carers to identify and seek support with a powerful social media campaign in partnership with Sheffield Carers Centre, which sign-posted people to the 'Do You Care?' website, a great source of information and advice for carers of all ages.

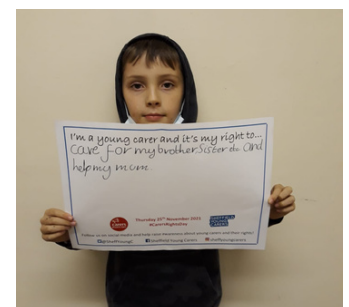
We supported external campaigns too, including the National Lottery's crossed-finger selfie campaign and YoungMinds' #HelloYellow campaign to mark World Mental Health Day.

We made appearances on local radio stations including Radio Sheffield and Hallam FM, and we had several articles in the local press. We also welcomed our new Supporter Engagement Officer Jade this year, who filled our social media with fantastic updates on our work, awareness-raising quotes, information and resources for young people and their families.



do you care?

doyoucare.co.uk



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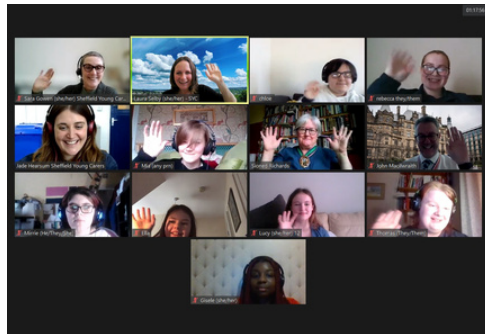


Young people speaking out

Empowering young people to share their experiences, stories and ideas is at the heart of our organisation.

Here are just a few of the things that members of our young people's voice and influence group, 'Action Group', got up to in 2021/22:

- **24 young people** participated in Action Group (AG) this year, with **nine members graduating** from the group and **seven new members** joining.
- We held **25 group sessions** - some online, some in-person.
- Three members were part of the **interview panel** for our new Young People's One-to-One Worker last October.
- Three members participated in **media interviews** on Radio Sheffield, Global Media (Capital) and Hallam FM - plus Japanese TV!
- Two members were **filmed as part of Sheffield Health and Social Care Partnership's promotion of health and social care** within Sheffield.



- Eight members **met with Deputy Lord Mayor Councillor Sioned Richards** and Executive Director of People Portfolio at Sheffield City Council, John Macilwraith.
- Two members **presented at the 2021 International Young Carers Conference**, Eurocarers, and one presented at the **CYP Now Early Help Conference**.
- One member **co-delivered training to 12 social work students** and one **delivered 'Understanding Carers' Needs' training** hosted by Sheffield Safeguarding Hub.
- Six members **participated in an Action for Children consultation session**, providing feedback on a digital platform they are developing.



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National voice and influence work

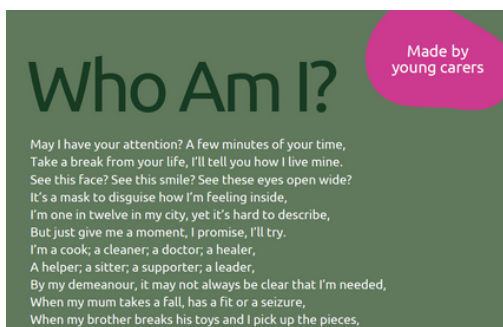
We're proud to be part of Young Carers National Voice: a network which brings together young carers from all over the country, to campaign on the issues that are most important to them.

In 2021/22, we helped facilitate **eight YCNV meetings with 14 partners**, from Norfolk to Newcastle. Young people decided to focus their **campaigning on mental health**, to:

- increase the identification of young carers by mental health services
- improve young carers' experiences when they are using mental health services.

Activities included creating **a training package** for adults' and children's mental health professionals and students and co-producing **three fantastic resources** which were sent to mental health services all over the country:

- **top tips** for mental health professionals
- **template wording** for mental health referral forms
- **powerful poem**, 'Who Am I?', recorded by lots of different young carers.



This year, members of Young Carers National Voice have also:

- **learnt about activism and campaigning**
- **looked at the Black Lives Matter movement** and how this relates to young carers
- **created a logo and strapline** for the group
- **met the Children's Commissioner for England** so that she stands up for our rights
- **campaigned to get young carers included** in the new Health and Care Bill (including meeting with members of the House of Lords!)
- **joined the new Young Carers Alliance** and given a presentation at their launch event.

Giving families a voice

We work hard to give the families of young carers the space and confidence to speak about the challenges they face and support they need.

Throughout 2021/22, we have been developing our **cared-for parents' voice and influence work** through our Family Project. Families of young carers have been involved in a number of **surveys and consultations**, including our work with the Advanced Wellbeing Research Centre (AWRC) in their Public Involvement Research Group (PIRG).

Through the **research group**, cared-for parents have had the opportunity to participate in a number of ways, including:

- a discussion group about **widening participation** to improve diversity and ensure accessibility of the PIRG and the importance of capturing the voice of people with lived experience
- the opportunity (each time we are asked to participate in a research proposal) for parents to **share their thoughts and feelings**, review bids, contribute to the development of topic guides, questions and research methods.



This year, our Family Project has facilitated four opportunities for parents to **look at bids** relevant to health, wellbeing and social mobility. Two parents have also been part of an **expert panel** for the Pfizer project, 'Amplify the Voice of People with Pain'. This came about through our links with the Advanced Wellbeing Research Centre.



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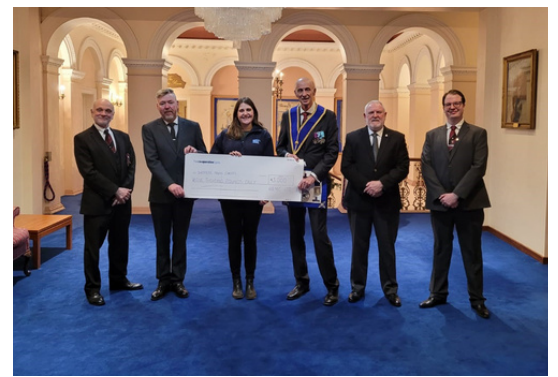


We couldn't do it without you...

It has been a tough year for the young people and families we help.

But **thanks to our incredible funders, partners and supporters**, we've been there for them, offering practical and emotional support.

We can't name you all, but from **fantastic grants** to help us provide young people with vouchers and holiday activities to **amazing individuals** who took on epic challenges to raise money and awareness or made **generous one-off gifts**, we can't thank you enough.



Financial report 2021-2022

Income: £640,533 **Expenditure:** £597,989

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

With thanks to all of our dedicated supporters and funders:



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Get involved!

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

Next year is our 25th anniversary and there are lots of different ways to get involved! From **fundraising** and **campaigning** to **raising awareness** of our work, what will you do to **help us celebrate?**



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

