

Action for Young Carers constantly reviews the support we provide. As part of these reviews we ask families, young carers and professionals for their opinions about the service. Here are a few results:

- 95% of these asked found the Action for Young Carers Service easy to contact
- 100% of those asked felt their support worker very helpful
- 91% felt the support they received made a positive difference to their child/family's lives

“In their words. . .

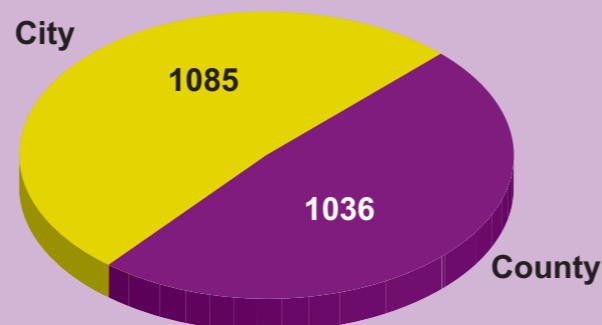
He helped me and my Daughter at school and at home. Support was fantastic. Action for Young Carers is needed for children and families, they do a very special job. Many Thanks ”

Parent

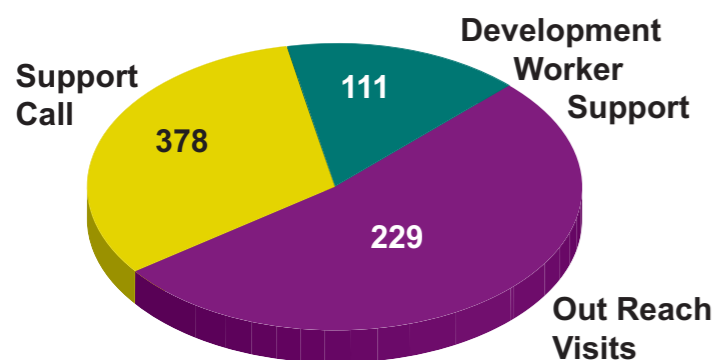
“In their words. . .
They're absolutel amazing and I hope more people can benefit (from) what I was offered. ”

Young carer aged 16

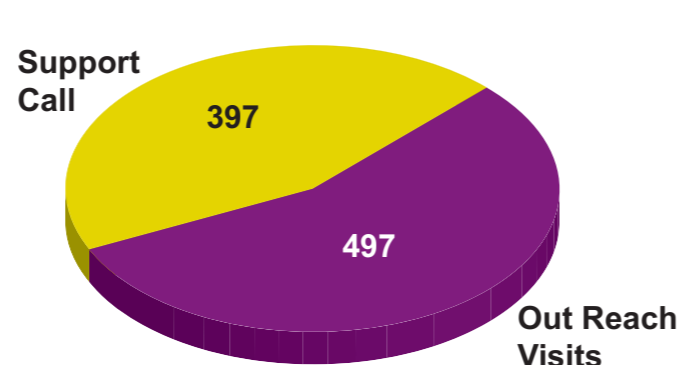
Young carers provided with activities



Nottinghamshire provision



Nottingham provision



Contact Details:

Action for Young Carers, 1 Beech Avenue, Sherwood Rise, Nottingham NG7 7LJ. Tel: 0115 912 8043/44
 E-mail: ayc@carersfederation.co.uk

Sincere thanks to all our funders and everyone who has helped us and our young carers over the last year.

The Big Lottery Nottingham Children's Fund Nottinghamshire Children's Fund
 Nottingham Children's Services Nottinghamshire Children's Services Sports Relief
 Barclays Spaces for Sports Rob Glass at Coracle Works Gedling Rotary Club
 Mansfield Rotary Club Nottingham Trent University Rob Glazier Howard Goodall and Val Fancourt

Annual Report

Recognising, Supporting and Empowering Young Carers & their Families

Action for Young Carers is a service provided in Nottingham and Nottinghamshire by Carers Federation Limited, supporting young carers between 5 and 18 and their families.

Young carers are children or young people who help look after someone at home. The person they care for may be a parent, sibling, grandparent or other relative and may be affected by:

- Mental Health
- Drugs or alcohol
- A physical disability
- A learning disability
- Any other illness or condition



“Daily Routine” by Cortney 13

- Action for Young Carers provided:
- 378 Out Reach Visits to families in Nottinghamshire
 - 497 Out Reach Visits to families in Nottingham
 - 1036 hrs of breaks for young carers across Nottinghamshire
 - 1085 hrs of breaks for young carers across Nottingham

“Recognition for the role young carers play within society is extremely important. . .”

With storylines in soap operas, documentaries on TV and newspaper campaigns, the subject of young carers has very much been at the forefront this year. The Media – followed by the Government – are finally acknowledging the immense job that young carers do, the support they provide to loved ones and the impact this role has on their own lives. It is important that the role young carers play in society is recognised. It was therefore good to hear Ed Balls (Secretary of State for Children, Schools and Families) describe young carers as “excessively burdened” and “strangled by their responsibilities” particularly within education. On a local level it has been particularly gratifying that both Nottingham and Nottinghamshire Councils have placed such great importance on the support of young carers and their families. Their support and encouragement has enabled us to continue offering the high levels of support to young carers, families and professionals across the region.

We have also been able to explore new horizons, both in terms of travel and also the development of the project itself. Some of the many highlights of the year include:

- Music Workshop in France
- The growth of the Mentoring Scheme
- The work of the consultation group (production of DVD highlighting the issues young carers face, and much more!)
- Continued High standards of support provided to young carers and their families.

We said Goodbye to Daniel Raynor, but Hello to Kara Bird who replaced him as Development Worker in March. A busy year then. Thanks to everyone who has made it a Fun packed one too.

Tony Watton Service Manager

“All the workers are excellent, over the years the organisation has been a life-line for me and a main source of support. My worker is brilliant and I look forward to our meetings together. AYC has helped me develop and overcome several problems in life. I know I always have somewhere to turn from the dedication of the staff. Thank You! ”

Young carer aged 17

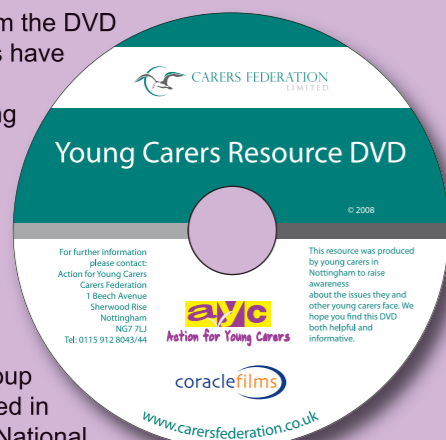
Young Carers have their say

This has been a busy year for the Young Carers Consultation group, with great and exciting projects. We have been especially proud of a DVD which has been produced by young carers to highlight the issues they face due to their caring responsibilities. This DVD is intended to be used as a awareness raising tool for professionals within Social Care, Education and Health, and help train them to better support young carers and their families.

Following on from the DVD the young carers have been working towards compiling an information pack targeted at their peers. The drafts are at the publishers now, so watch this space!

This year the group were also involved in feeding into the National 'New Deal for Carers' strategy, as well as sharing their thoughts with representatives from Local Government as well as researchers from as far afield as New York!

Finally a big THANK YOU to Kam and Roz for encouraging, supporting and inspiring the group to achieve great results over the year.

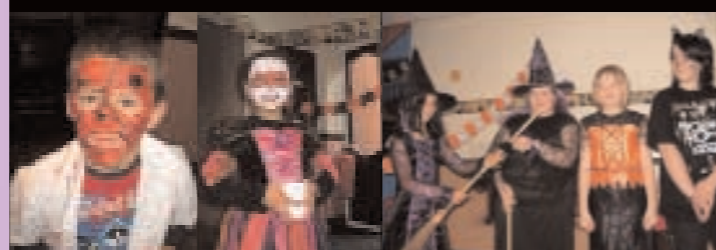


Young Carer Award



In November, Joanne was recognised at the Young People of the Year Awards for the fantastic support she offers her family. Winning £250 for herself and £250 for Action for Young Carers – a big well done to Jo.

Halloween Fun !



Thanks again, to the students of Nottingham Trent University for organising a Halloween Party for our young people at their Student Union. Frightening fun for all involved!



Action for Young Carers Mentoring Scheme

Our Volunteers

We currently have 23 Volunteer Mentors providing support for young carers throughout the City and County. All of our volunteers are screened, CRB checked and then attend a six week Mentoring Training Programme. This covers:

- Introduction to Mentoring
- Young carers – Illness, Disability, Mental Health and Substance Misuse
- Child Protection
- Professional Boundaries and Confidentiality
- Personal Safety and Lone Working
- Mentoring and Communication skills

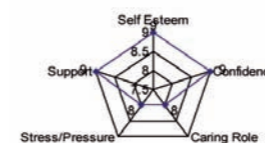
Measuring the impact

To ensure that the support the mentors are providing continues to meet the needs of our young carers, AYC uses outcome based assessment tools to measure the impact of the work being done. This not only visually highlights areas where the young person needs most support but also shows them where improvements are being made in their lives.

Pre Mentoring



Post Mentoring



In their words...

The Mentoring helps me to relax and take my stress levels down. It makes me feel there is support for me **Young Carer**

The Mentoring Scheme was established by the Action for Young Carers Service in August 2006. It has been funded by the Big Lottery and is an additional part to the main Action for Young Carers Service. The objective of the Mentoring Scheme is to provide a new and continued level of support for young carers across Nottingham and Nottinghamshire.

The Mentoring Scheme supports young carers in a preventative way, offering long-term meaningful mentoring relationships where young carers can discuss feelings from the past, access support for what is happening now and explore their concerns for the future.

The work is young carer led. The focus of the support is decided on by the child or young person. It is a confidential and safe space where young carers are recognised and their thoughts, feelings and opinions are valued. Each individual sets different goals or outcomes for themselves. The scheme is flexible. It understands that young carers have different needs and aims to help the individual.

Since August 2006 we have provided 385 hours of initial training to our Volunteer Mentors.

Since March 2007 when the first group of volunteers completed the Mentoring Training Programme, 46 young carers have accessed the scheme, with a further 15 young carers attending groups and activities supervised or facilitated by volunteers.



Some of our fantastic volunteers

A massive thank you to all our volunteers for their continued hard work and commitment

In their words...

She always comes home with a smile on her face. I am really pleased with the support she is getting **Parent of a Young Carer**

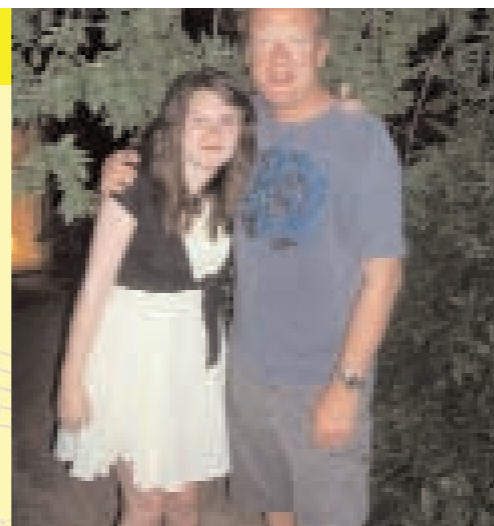
In their words...

It is the only time I get to discuss my feelings. I always feel less stressed when I come home **Young Carer**

A Musical Adventure - A Life Changing Trip

Howard Goodall is a composer of choral music, stage musicals, film and TV scores. His many compositions include the themes to Red Dwarf, Love Actually and The Vicar of Dibley. In January 2007 Howard was appointed National Ambassador for Singing.

In August 2007, thanks to Howard and his wife, Val Fancourt we were able to take a group of 8 young carers to their home in Northern France where they received a week of expert music tuition from Howard and Val, where they experienced the local culture and cuisine. At the end of the week they performed a special concert for the local community. Many of the young carers had never played before they went, but the concert was a massive hit with the locals. A massive thank you to Howard, Val and their two daughters for their generous hospitality and making the week such a life changing experience for our young carers. Thanks also to Hannah and Roz for all the support and encouragement.



Howard with Poppy

The past week for me has been a life changing experience. I have learnt so much from others and a huge amount about myself, one being people's possibilities are endless.

Joanne

In France I felt so relaxed and happy; I was full of laughter with the other young carers. I want to continue playing the keyboard and remember the nostalgic week.

Garling - Keyboard

These are the most remarkable teenagers it has been my privilege to meet and on the last night they put on a concert for the locals to show how much they had accomplished. The French villagers turned out in huge friendly numbers for a smorgasbord of classical and pop favourites.

Howard Goodall, The Times Sept



Howard and the gang hard at work

What the future the holds



We are working towards the Mentoring and Befriending Foundation Approved Provider Standard, which is a national benchmark supported by the Cabinet Office and the Department for Children, Schools and Families (DCSF). It ensures that a Mentoring Programme has clear objectives and procedures for the recruitment, screening, preparation and training of Mentors as well as providing on-going support and supervision. Importantly for AYC it has systems in place to measure the schemes effectiveness.

In their words...

The training and support has given me the confidence to be a mentor.

Volunteer Mentor

In their words...

Volunteering for Action for Young Carers is very rewarding and they offer great support whenever you need it

Volunteer Mentor