



Young Carers Development Trust

www.ycdt.org.uk

About YCDT

Young Carers Development Trust was established in 2012 (No 1150197) as a small charity in Wiltshire. It took its inspiration from the desire to give Young Carers the best possible life chances, enabling them to make a special contribution to society. Learning that only one Young Carer in West Wiltshire had ever been to university, the Trustees of the charity resolved to provide mentoring, academic support, plus careers and further education guidance to Young Carers who would be referred by their agencies in South West England.

Our vision is for all Young Carers to flourish. The YCDT community work tirelessly to fulfil our mission to inspire and empower Young Carers to fulfil their ambitions.

Our Values are

Nurture

We care about the future of the Young Carers we support. We make a long-term commitment to their well-being and development.

Inspire

Young Carers are inspirational. We will support them to recognise their talents, encourage them to broaden their horizons and raise their aspirations.

Achieve

In partnership with others we provide practical support to enable Young Carers to achieve their potential and flourish in life.

What we do

YCDT improves the future life chances of motivated Young Carers by:

- Building on their strengths and resilience
- Nurturing through long-term mentoring and personalised 1-1 support
- Enabling success in education and employment
- Encouraging Young Carers to become active, inspiring role models for others
- Raising awareness of the issues faced by Young Carers and Young Adult Carers

We have four programmes of work. A Long-Term Mentoring Programme, a Group Mentoring Programme, an annual Aspirations Conference and an Ambassadors Programme for our alumni.

We aim to address the imbalance and lack of diversity of opportunity experienced by Young Carers due to their caring responsibilities and empower them to fulfil their ambitions.

Research by the Carers Trust (January 2017) shows that 73% of Young Carers take time off school to look after a family member. This can equate to an average of 10 weeks of missed schooling per year as a direct result of their caring role.

We work with local Young Carers' services to identify Young Carers with real potential who are unlikely to succeed without targeted support. The long-term programme provides support for 3-5 years. In 2024 we launched our brand-new Group Mentoring Programme funded by the Lottery. This is a 1-year programme supports Young Carers through a combination of group work and 1:1 mentoring support once a month. Groups will comprise of 4-8 young carers ages 14-18. The Aspirations Conference offers a variety of workshops pertaining to higher education, entering employment and caring, delivered by various organisations, from universities to apprenticeship schemes and wellbeing support, to young carers aged 14+.

What Differentiates the YCDT Long term Mentoring Programme

- YCs with aspirations, ambitions and motivations are nominated by those who know them well
- YCDT makes a significant long- term commitment to Young Carers
- The support offered is designed specifically for the individual Young Carer
- Support offered over formative years (aged 14-19), the point at which there is often a transitional gap in services

What Differentiates the YCDT Group Mentoring Programme

- Long term programme (one year) of group and individual support
- Young Carers meet with peers from their school and others in their locality
- Awareness raising sessions with schools
- Referrals from multiple sources (schools, YC agencies, self referral)
- Multi-agency approach to delivery

The charity is run by a group of Trustees from diverse backgrounds and seven members of staff. There are also 30 Development Mentors, volunteers who give their time, experience and expertise to provide dedicated support to individual Young Carers.

The charity takes referrals throughout the year, a process that is managed by the Service Manager with the support of the Charity Manager. Each Young Carer is matched to a suitable Development Mentor, a person who offers sustained long term support and advice throughout the Young Carers' time with YCDT, and supports their development, speaking to and meeting with the Young Carers on a regular basis. In addition to a Development Mentor, support can include external provision of private tuition, counselling, study guides, equipment, travel costs to visit universities and support in finding work experience. Young Carers start the programme prior to GCSEs, to enable help with those crucial exams. The aim is to then see the Young Carers through to the end of the first year of higher education or training.

Participating Young Carers agencies are from Bath and North East Somerset, Wiltshire, Bristol, South Gloucestershire, North Somerset Swindon, Gwent and Monmouthshire. To date, we have supported 42 Young Carers in the South West through the long-term mentoring programme. We have individuals and wider support networks for these Young carers who benefit greatly as a result.

Our Development Mentors (DMs) come from all walks of life but all have excelled in their chosen career or area of expertise. We match them to the Young Carers carefully, train and support them throughout the course of the relationship and have robust safeguarding and supervision systems in place.

One of the key principles of our work is that our Young Carers are supported to become YCDT Ambassadors as leaders and role models for those in similar circumstances. As they progress, we facilitate opportunities for these Young Carers to tell their stories as an inspiration not only to other Young Carers, but also to local youth community groups and schools. This extends knowledge and understanding of the role of Young Carers within the wider community.

YCDT has grown significantly. In 2020/21 we were supporting 14 Young Carers. In 2024/5 we expect to support 38 through the Long-Term Mentoring Programme and up to 100 per annum through the Group Mentoring Programme. There are plans to increase the number supported on the Long-Term Mentoring Programme to 50 YCs in total on a running basis.

It is the policy of YCDT to safeguard the welfare of all children and Young people by protecting them from all forms of abuse including neglect, physical, emotional and sexual harm. YCDT is committed to creating a safe environment in which Young people can feel comfortable and secure while engaged in any of our programmes or activities.

YCDT fundraises for 100% of its income, and is supported by a variety of funding streams, including the generosity of grant-giving trusts and donations, private individuals, community funding and businesses. The support is offered free to Young Carers. We always ensure that the money is in place for all four to five years before taking on a Young Carer.

Young Carers Development Trust is a private company limited by guarantee (England and Wales no. 07771110) and registered as a charity (1150197). It is regulated by Company law and the Charity Commissioners. Its governing document is its Articles of Association and Memorandum which have been appropriately amended and approved by the Board of Trustees. The Trust's accounts are filed with the Charity Commissioners and at Companies House.

We are an Equal Opportunity Employer, which means we will not discriminate against any individual based on race, colour, sex, national origin, age, religion, marital status, sexual orientation, gender identity, gender expression, military or veteran status, disability, or any factors prohibited by applicable law. We are open to considering applicants who do not currently work within the 3rd sector.

All applications are very welcome: we actively encourage applications from people living with disability and from ethnic minorities.