



GYGYC

We're there because we care!

GYGYC applied to you in the first instance for this grant to support the 11 to 15yrs Peer Support group, which would continue to enable 20 young Carers to receive a fortnightly session of fun and respite. The young people were taxied to the venue for the evening activities and participated in a shared meal, which was prepared and cleared away by the staff team. The grant enabled the group to have a continuous service and therefore take part in activities off site as well as in the normal venue. During the period we used the grant to support the Peer Support group, with 25 young people attending the group. They took part in team building activities (tower building and games), Programme planning and evaluation, dodge ball, sports night, rounders' and trips Quasar and McDonalds, Ten pin bowling and theatre trip to see James and the Giant peach (which was paid for by the Yarmouth Rotary club).

We used the grant for this along with the other two grants for four months, at which point we were successful in obtaining a BBC Children In Need grant. This enabled us to split the age groups, 11 to 13 and 13 to 15 and offer the services of Peer support to 40 young people.

At this stage you agreed that we could use this grant to support the Young People's Committee, a One to One pilot and the support the Manager to attend meetings around the young carers we were working with in the support groups. Due to the Manager being off sick due to an injury of rupturing her Achilles tendon, elements of this were delayed again through agreement with yourself.

Young People's Committee - The committee was set up at the beginning of the development of GYGYC back in June 2011 and this grant enabled us to continue involving the young people in every aspect of the projects development and delivery whilst we continued to seek a more permanent way to fund the group. During this period of time the committee have met once a month and have planned the activities for the peer support groups, analysed the evaluation forms and supported the staff in delivering them to the groups. They have organised the sponsored walk which is taking place on 9th August 2014.

The young people attending the committee have changed during this period of time to enable more of them to be involved. Part of the reason for this is that six of them are now on Crossroads East Anglia's East area forum and four are on the county forum. They have progressed to this after enjoying working on GYGYC's committee and have developed skills to enable them to move forward with their participation and planning process. There have been a total of 20 young people on the committee during the period of this grant.

One to One pilot -The grant enabled us to run a six week pilot in two schools. We delivered this in Flegg High School and Ormiston Venture academy. We choose the 6 young carers from our organisation who we felt would benefit from a short term one to one support and who had written comments in the evaluations about wanting/needing more support.

The young people opened up to the youth workers in this environment which in turn enabled the youth workers to advocate on their behalf with other agencies to ensure that they were all receiving the support they required. This then had a positive effect on both their and their family's lives. Two were able to identify that they have access to free revision books, trips and uniforms from the school, as well as being able to develop and discuss coping strategies.

One of the young carers now has Children services supporting the family due to the referral the youth worker made after the young person discussed the family situation and a Family support case was reopened.

We are in the process of setting up extra support for another one as the families' situation does not fit the Children In Need team's criteria but we feel he should have more support. We are under discussion with the school. He has also been signed up to a local police cadet's group, enabling him to have some quality time to himself doing something which he enjoys.

Another one who has children services already involved with the family for the first time began to open up and talk about her feelings, unfortunately the sessions finished but the youth worker is delivering the peer support group which she attends which means their relationship has continued. The schools, young people, their families, the youth worker and Manager of GYGYC have all said that this was a successful pilot and will support a further funding application to ensure that the service can be set up to be delivered on a more permanent bases.

This has been a benefit to the six young people who were able to take advantage of the one to one support and within the evaluation wrote about the difference it has made to them.

The schools feel that the one to one sessions were a success as it enabled the individuals involved to have more support in the difficulties they were facing at home which had an impact on them at school. The youth workers were able to advocate with the schools on the carer's behalf to enable them to support these young people within the school. They would support any funding application to enable this pilot to become a project within their schools to enable more of the students they know are carers access a service. It has also raised the awareness of young carers within the school and within their staff teams.

Manager attending meeting to advocate for the young carers - The young people, their families and other professionals have found this a useful addition to the meetings. It has also meant that the Manager is now aware of the young person's family situation. This in turn has enabled the GYGYC staff team to support these young people in a more positive way and make time to speak to them. GYGYC will continue to deliver the Peer support groups through the funding it has been successfully in obtaining. These grants mean that there will be five age specific groups funded for the next two years until 2016.

The young people's committee- we are currently looking for further funding, but in the meantime we are in discussion with Crossroad East Anglia to run our committee meeting as part of the area forum meetings.

Extra trips in the School holidays - We have obtained donations from the Jackie Higham fund, Fuller family fund and the young people's committee have organised a sponsored walk on 9th August to fundraise for themselves to enable them to continue to have opportunities to undertake holiday activities. We will also continue to look for funding opportunities to cover these costs.

Through the management costs section of the grants we have obtained the Manager will be able to continue to attend meetings relating to individual young people and support them with this process.

GYGYC is currently working on an application to fund a Management post to ensure that the development of the whole project can continue and grow to support the ever growing number of young carers across the borough of Great Yarmouth. This will also allow us to come up with a more robust funding strategy and management structure to enable the organisation to continue to grow and support more young carers. This will include further one to one support for the young people that attend our Peer support groups.

The young people have told us through their evaluations and written statements that being involved in GYGYC has enabled them to grow as individuals, their confidence and self-esteem has improved. They have made new relationships which have turned into good supportive friendships with their peers within the peer support groups. They have developed relationships with the team of youth workers enabling them to have someone to talk to, when the need arises.

Being able to attend the Peer support groups has enabled them to relax and have fun as young people away from their family situations and the pressure and stresses that come with their caring roles. The extra support we have offered during the one to one sessions has enhanced this support and these young people have benefited as their families are now receiving support from other agencies.

We have recorded the young people attendance to the session by using register for each session.

Peer Support Group - 33 young carers have attended during the four months and we have been able to expand and now have 55 attending across the two peer support groups.

Young People's Committee - 20 young people have been involved during the period of this grant

Extra trips during the school holidays - 65 individuals have been able to join in through this grant

One to One pilot - 6 young Carers aged 13 to 16

The Manager has been able to attend meetings for around 12 of the young carers who attend the project. During the period of time you have funded us we have worked with 80 young people across the 4 peer support projects.

