



Supporting children & young people who care for a family member with a long-term illness or disability.



Chairman's Report Tim Woodland

This has been a very challenging year for so many. The team have however adapted to the circumstances in front of them and worked very hard to provide support to our young carers and their families. Once it was clear what the implications of lockdown would entail, we quickly instigated a programme of zoom meetings and phone calls to provide support to our carers and families. Once this framework was in place, the team soon began to run the all-important exploration programme online and organise a programme of zoom-based activities.

As with all charities, funding streams are increasingly difficult to access, so we are ever thankful to all our regular supporters, and of course we are always keen to attract new funders. The work of Winchester and District Young Carers is so important to the community, and this would not be possible without the dedication of the team at Unit 12, all our volunteers, supporters, and funders. On behalf of the committee, I would like to thank you!

Treasurer's Report Nick Owen

A year of regular Covid restrictions has been difficult for the young people and staff and made financing unusually precarious. We were extremely fortunate to start 2020/21 with strong reserves built up over several years. We are also very grateful to the Lottery and Hampshire and Winchester Councils for their ongoing financial support, albeit on a declining basis, but we could hardly have survived without the backing of local trusts and individuals who together provided almost 50% of our income, enabling us to limit our deficit to a modest £6,536. We can see that this local support will need to be a continuing feature of successful viability. During the year, we had to implement anticipated programme changes and an associated furlough followed by a redundancy. This has left us with a lower cost base for 2021/2 and as a result our restricted reserves of 9 months, estimated costs have also declined but still well cover the unspent balance of grants that have a specific expenditure obligation. We have challenging times ahead to maintain a strong financial position to enable our vital work to continue for the many young carers in need of our support.

[Accounts on page 8]

Manager's Report Ben Hogbin



What an incredibly challenging year it has been! However, I am extremely proud of the way we adapted so quickly to the change in circumstances.

We transferred our Exploration and Activities Programmes online within the first few weeks of lockdown. The sessions on Zoom provided individuals with the opportunity to stay connected and get support from each other, the staff, and volunteers.

During lockdown, I quickly became very lonely as I was just finishing year 11, meaning that I had no chance to say goodbye to all the friends I had at secondary. While I was stuck at home I found little to do, however Young Carers's online sessions really helped me, as they gave me a chance to talk to people in similar situations to myself, and to interact and have fun with others while we were locked away at home. I loved all of the sessions and activities we had, and they were the highlight of my time during lockdown.

Just wanted to send a big thank you: I have just had an ENORMOUS amount delivered from the food bank you put us forward for. Unpacking the bags it's just like a Christmas stocking of surprises!

For individuals who chose not to meet virtually, we ensured we checked in with them weekly by phone, text, or email. If families were struggling, then we connected them with local support groups to help with food deliveries, medication, or anything else they needed.

When lockdown eased, it was brilliant catch up with Jordon who I first met back in 2008 when he was just 8 years old. We supported him on and off until he was 18. He is now 20, working as a PCSO and currently applying to become a police officer with Hampshire Police!

Whilst 2020 was undoubtedly a difficult year, it has brought out the best in people and has shown us new and innovative ways of working that will shape how we develop as an organisation in the months and years to come.

As always, thank you to everyone who has supported the charity, we'd not be able to do what we do without you.



TESSA Award 2020



The TESSA was first awarded in 2014 and is given in memory of Tessa Summers, a remarkable young woman who touched the lives of many, especially those who were part of Winchester & District Young Carers. It is given to a young person who shows selfless commitment to making a difference, who is kind and caring and who shows great determination in their life.

The winner of this award for 2020 was Imogen.

Imogen cares for her Mum who suffers with Fibromyalgia and FND. Recently Mum's condition has worsened, and this has been a big challenge for the family, especially during lockdown, with external support cut off. Imogen has always taken pride in supporting Mum, both practically in the home and emotionally, all while looking out for her three younger sisters too.



At groups, whether in person or online, Imogen's sunshine personality shines through. She never fails to make people smile and is welcoming to everyone. She shares honestly and openly, in turn helping others to speak up and feel safe to talk. Her capacity caring for people and encouraging self-expression in many ways is inspiring, we should all be free to be our authentic selves. Imogen is a passionate individual who we know will go on to do great things. She is a talented artist, fierce advocate for equality & diversity and incredible carer for her family. Thank you for being you Imogen.

Activities Programme Tana Spreadbury

Our Activities Programme has given the young people a chance to **relax**, have **fun** and take **time out** from caring. Despite the lockdowns, we ran **35** in-person and online activities.

[@crazycomicclub](#) taught us some tricks today! Thank you James for another great Zoom activity 🤗



Had fun last night doing out shortbread baking too 😊 thanks [@hyde_wi](#) for helping with the ingredients. Wishing everyone a happy holidays from WYC 🌟



Wrapping up for the holidays now. It was so great to see some of our awesome young carers before the year ended. Christmas goody bags with stockings from [@salvationarmyuk](#) quilts from [@ProjectLinus](#) and treats from [@hyde_wi](#) 🎄😊



We had such a lovely day [@TowerHseHorses](#) meeting and getting to know the herd 😊



So much fun today and new friends made. Big thanks to [@OsborneNews](#) for sponsoring our pumpkins 😊



190 days after our last in person activity out we had a lovely time today as a tiny group visiting [@WinColl](#) with [@cameron_b_trust](#) 🐟 did a spot of river dipping 🌊



This is how we feel about being back together 😊 We had lots of fun on our Easter Egg Hunt today. Big thanks to Neal [@OsborneNews](#) for helping out 👍



Thanks for the activity bags, I rly needed something to entertain me over half term and it is already helping with that, the stuff is rly cool :)

We were also able to provide **Activity Packs** over the summer and **Wellness Packs** over the winter to remind individuals of the importance of looking after themselves.



Thankyou for the gift bag! I have enjoyed using it over the summer, + cant wait to continue playing the games! I hope you have a lovely rest of the summer!
From Imogen D

THANKYOU SO MUCH FOR THE GIFT BAG! It was such a lovely suprise & really gave me & Noah lots to do. It was so thoughtfu & very unexpected and made a really big difference to us.
Thanks again,
from Scarlett

Dear Young Carer,
I thank you for the bag of things. The thing that I have used the most has been the table tennis. The bath bomb was also really cool.
From Ed

Also i just want to say Thankyou to u and the whole young carers team for the bag of things, I will definitely be joining as many of the activities as I can :)

Exploration Programme Anna Hamilton

Our Exploration Programme has given the young people a safe space to share their **thoughts, feelings, needs** and **concerns**. We ran a total of **111** (online) sessions

The programme empowers individuals with the skills and confidence to manage the challenges faced by being a young carer. We explore the following areas:

Who are young carers?

Understanding you are not alone

Who do you care for?

Understanding the illness / Disability of the person you care for

What do you do?

Exploring the different types of caring roles

What are the impacts?

Recognising the impacts caring have on you

What are the challenges?

Sharing any worries and concerns you have

How do you cope?

Learning how to deal with feelings

How do you look after yourself?

Creating your own wellness toolbox

Who can support you?

Identifying your own support network

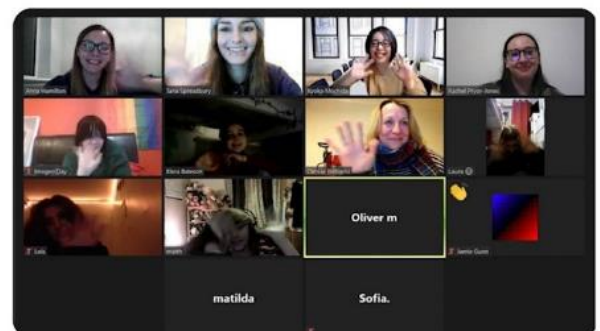
Where are you now?

Reflecting on what you have learnt

What next?

Sharing your hopes for the future

The amazing Upper group last night, welcomed our visitor [@kyodaichat](#) live from Tokyo to the group. Kyoko runs a group in Japan and has been fighting to raise awareness for many years. 💜



“I feel more confident about sharing my worries”

– Young Carer, aged 10

“I know what my wellness tools are and how to cope with stress”

– Young Carer, aged 14

Wellness Programme

The Wellness Recovery Action Plan (WRAP) is a preventative approach that empowers parents to keep themselves well so they can deal with life's challenges.

During the lockdown, we ran 16 weekly online WRAP Catch Up sessions for parents who had previously attended the two-day experience. The time enabled individuals to reflect on their own wellness and what they could do to look after themselves. It proved to be a hugely valuable source of support for everyone who participated.



Schools Programme

Our Schools Programme promotes the 'Young Carers In Schools Award' which is an initiative that equips schools to identify and support young carers.

Over the last 15 years, we have provided secondary schools with a comprehensive free package of support which has in turn helped hundreds of young carers. However, this level of support has proven difficult to fund and as a result has meant that we have had to make the Schools and Support Co-Ordinator position redundant. We will still endeavour

Alison,
I would like thank you for the many years you have helped our family, you have helped me pull myself out of some pretty bad days that's changed my whole outlook on life. It will never be forgotten. We wish you nothing but the best and know we miss you massively. Always remember "It's okay not to be okay" as I know I will.

to offer schools guidance on how to meet the needs of young carers so that they have the same opportunity for education success as their peers.

Befriending Programme

This gives individuals the chance to have some 1:1 time with a volunteer who can work with them on increasing their self-esteem and confidence, as well as building on their existing life skills.

[Unfortunately, due to COVID we were unable to offer this during 2020-21]

**WINCHESTER YOUNG CARERS PROJECT
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDING 31 MARCH 2021**

Income	2021			2020		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Hampshire County Council	16,322	-	16,322	15,776	-	15,776
Winchester City Council	6,000	-	6,000	8,000	-	8,000
Trusts & Grants	26,590	21,500	48,090	25,500	45,510	71,010
Donations & Fundraising	2,012	36,356	38,368	1,042	26,365	27,407
BIG Lottery	37,082	-	37,082	19,059	-	19,059
Parent Contributions to Activities	-	-	-	-	2,572	2,572
Bank Interest	-	-	-	-	-	-
	<u>88,006</u>	<u>57,856</u>	<u>145,862</u>	<u>74,976</u>	<u>74,447</u>	<u>149,423</u>
Expenditure						
Salaries	65,027	65,027	130,054	60,490	62,491	122,981
Rent	3,406	3,407	6,813	4,974	4,974	9,948
Office Running Expenses	3,222	4,604	7,826	5,231	5,230	10,461
Activities (net)	3,083	3,084	6,167	2,006	2,005	4,011
Clubs	-	-	-	1,322	1,321	2,643
B/Friender Expenses	-	-	-	-	169	169
Staff & Volunteers	320	320	640	1,812	1,812	3,624
Travel						
Training	334	335	669	383	382	765
Accountancy	-	1,610	1,610	-	1,584	1,584
	<u>75,392</u>	<u>78,387</u>	<u>153,779</u>	<u>76,218</u>	<u>79,968</u>	<u>156,186</u>
Excess Income over Expenditure	<u>12,614</u>	<u>- 20,531</u>	<u>- 7,917</u>	<u>- 1,242</u>	<u>- 5,521</u>	<u>- 6,763</u>

BALANCE SHEET AS AS 31 MARCH 2021

	2021			2020		
	Restricted £	Unrestricted £	Total £	Restricted £	Unrestricted £	Total £
Current Assets						
Bank Accounts	128,500	77,683	206,183	128,500	84,147	212,647
Petty Cash	-	157	157	-	4,753	4,753
Debtors	-	-	-	-	-	-
Prepayments	-	-	-	-	-	-
Total Assets	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>	<u>128,500</u>	<u>88,900</u>	<u>217,400</u>
Current Liabilities						
Trade Creditors	-	-	-	-	-	-
Prepaid Income	-	-	-	-	-	-
Total Liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total Assets	<u>128,500</u>	<u>77,840</u>	<u>206,340</u>	<u>128,500</u>	<u>88,900</u>	<u>217,400</u>
Income & Expenditure Account						
Balance brought forward	127,260	86,997	214,257	128,502	95,661	224,163
Add: Excess of Income over Expenditure for the year	12,614	- 20,531	- 7,917	- 1,242	- 5,521	- 6,763
Prior year adjustment	-	-	-	-	-	-
TRUSTEES	<u>139,874</u>	<u>66,466</u>	<u>206,340</u>	<u>127,260</u>	<u>90,140</u>	<u>217,400</u>

Nicholas Owen
Nicholas Owen

S. Woodland
S. Woodland

Volunteers

Our volunteers mean the world to us and so we have done our best to stay connected with them throughout COVID.

Here are some of the team, enjoying an online LEGO Wellness Workshop in lockdown!



“Like most people, my pandemic experience was up and down. Volunteering added a structure to my weeks, and it was nice to check in with people, even online, to move away from the sense of isolation which the pandemic brought” – Stu

“I have found this last year particularly difficult but having Young Carers to focus on, seeing their smiling faces, have made a difficult situation so much better” – Sarah

Anna Mitchener, Flora McCallum, Sean Toomer*, Venetia Bocchetta, Tim Woodland*, John Morgan, Denise Williams, Clare Gaster, Nick Owen*, Joel Seath, Hugh Peers*, Siobhan Osborne, Stephen Hanvey, Rachel Pryor-Jones, Sarah Meikle, Ann Ashburn, Chloe Henderson, Mike Billington*, Jane Granger, Penny Power*, Stuart Findlay

**Trustee*

All volunteers have a DBS check and are provided with an induction and ongoing training to ensure they have the skills to support the young carers we work with.

Supporters

A big thank you to all our supporters...

Members are so happy to support @WIN_YoungCarers with sweets'n'treats for their summer activity packs. Listen out for Tana on @BBCRadioSolent on Saturday!



Absolutely thrilled to receive a cheque for £1793.47 from the outgoing @WinchRotary President Mike Billington who chose to support us as his chosen charity over the last 12 months. The money will help fund our summer Activity Packs for our young carers 📦 @HANTS_YCs #youngcarers



A big thank you to Merton Lodge of Free and Accepted Masons for their donation of £2,500. Hugely appreciated and will help us continue to support young carers across the Winchester District.



Hyde WI
Kings School
Lady Clarendon
Music At Walnut
Southwood Players
St James Place Charitable Place
The Catenian City of Winchester Circle
The Thornton Foundation
The Sobell Foundation

The Richard Kirkman Trust
The Mercers Company
The John Coates Charitable Trust
The Nancy Bateman Charitable Trust
The Leonard Trust
The Ian Fleming Charitable Trust
Team Hotston
Winchester Christmas Churches Project
Winchester Freemasons



Join our team in 2022

We are looking for individuals who want to make a real difference.



Interested?

We'd love to hear from you

Follow us  @WIN_YoungCarers

01962 808339

UNIT 12, Winnall Valley Road, Winchester SO23 0LD

www.winchesteryoungcarers.org.uk

Registered Charity No 1155854

**WINCHESTER YOUNG CAREERS PROJECT
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FOR THE YEAR ENDING 31 MARCH 2021**

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**2021
BALANCE SHEET AS AT 31 MARCH 2021**

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Petty Cash	-	157	-	4,753
Debtors	-	-	-	-
Prepayments	-	-	-	-
Total Assets	128,500	77,840	206,340	128,500
Current Liabilities				
Trade Creditors	-	-	-	-
Prepaid Income	-	-	-	-
Total Liabilities	-	-	-	-
Income & Expenditure Account				
Balance brought forward	127,260	86,997	214,257	128,502
Add: Excess of Income over Expenditure for the year	12,614	20,531	7,917	1,242
Prior year adjustment	-	-	-	-
TRUSTEES	139,874	66,466	206,340	127,260
	90,140	217,400	217,400	217,400

Nicholas Owen
N. Woodland

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
WINCHESTER & DISTRICT YOUNG CARERS
FOR THE PERIOD ENDED 31 MARCH 2021

I report on the financial statements which are set out hereto.

Respective Responsibilities of the Trustees

As the charity's trustees you are responsible for the preparation of the accounts. You consider that the audit requirement of section 43 (2) of the Charities Act 1993 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 43 (7) (b) of the Act, whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My Examination was carried out in accordance with General Directions given by the Charity Commissioners. An Examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records/ It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In my opinion the financial statements give a true and fair view of the state of the Charity's affairs at 31 March 2021 and of its results for the period then ended and have been properly prepared in accordance with the provisions of the Companies Act 1985 applicable to small companies.

.....  November 2021

Sarah Fox
66 Coppice Green
Warrington
WA5 7WA