


Case Study – NCH Birmingham Young Carers



Amount granted: £7000 (*Local Network Fund*)

The Project:

Birmingham Young carers provides a support and respite service for children and young people who care for a parent or other family member with a physical or mental illness, disability, drug or alcohol addiction.

This grant was used to take groups of young carers on several respite trips: Camping; Adventure Week x2; City Break; Trip to the seaside and Bristol Zoo and a West End trip to the Lion King.

Beneficiaries:

Males	= 31	Female	= 62	
Age 5-9	= 26	Age 10-13	= 36	Age 14-16 = 21
Age 17-19	= 8	Age 20+	= 2	
Total number = 93				

The difference the project has made:

This varied range of holidays and trips has greatly enhanced our provision of respite breaks to a large number of young carers, 90% of whom have received no other holidays/trips out.

These breaks provide much needed respite from difficult home circumstances and caring responsibilities, enable new friendships to flourish, increase feelings of self worth, decrease loneliness and social isolation.

The group is not normally able to provide such a wide range of holidays and trips to so many young carers over the year as a whole.

The group consulted extensively with the children and their parents when they received confirmation of the grant. This enabled them to actually provide the kind of quality trips and breaks for all of the age groups they serve.

Quote:

“Providing the comprehensive holiday and breaks programme has raised the profile of our project. It has also greatly enhanced our reputation and profile with parents and the ‘cared for’ who feel very positive about the Young Carers receiving respite from home and caring duties.”

Project Manager, NCH Birmingham Young Carers