



# **Unite - Carers in Mid Devon**

## **ANNUAL REPORT**

**1<sup>ST</sup> APRIL 2017 - 31<sup>ST</sup> MARCH 2018**

Unite Carers is a Company limited by Guarantee  
Charity Number: 1099188  
Company Number: 4779388

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### **Patrons:**

**Angela Rippon OBE**  
**Neil Parish – Member of Parliament**  
**Polly Colthorpe – Counsellor Devon County Council**

# **UNITE – Carers in Mid Devon**

## **Information and Support for Carers**

*A Carer is a person of any age who provides regular unpaid care for a friend or relative who cannot manage alone because of severe illness, disability, frailty or vulnerability.*

### **The aims of Unite Carers' Service are:**

To promote any charitable purpose for the benefit of unpaid carers who look after someone who depends on them in the Mid Devon community, by the advancement of education, the protection of health and the relief of poverty, sickness and distress; also to ensure that every individual is made aware of the services available to them and is given the opportunity to express their needs effectively, regardless of race, gender, sexuality or disability.

### **Contact details:**

**Feel free to visit our offices, telephone, write or e-mail us.**

**Unite Carers In Mid Devon  
2 Bridge Street  
Tiverton  
EX16 5LY**

**Open: Monday to Friday, 10 am and 1 pm  
Tel: 01884 257511  
Email: [info@unitemd.org.uk](mailto:info@unitemd.org.uk)**

**Out of office hours please leave an answerphone message and we will return your call as soon as possible.**

### **Volunteer Services Manager – Support For Adult Carers:**

Lara Pope: Tel: 07773 446928 E-mail: [lara@unitemd.org.uk](mailto:lara@unitemd.org.uk)

### **Young Carers "Kids Who Care" Activities Co-ordinators (5 - 17 year olds):**

Sharon Trerise: Tel: 07535 411470 E-mail: [sharon@unitemd.org.uk](mailto:sharon@unitemd.org.uk)  
Christina Dymond Tel: 07939 290560 E-mail: [Christina@unitemd.org.uk](mailto:Christina@unitemd.org.uk)

### **Young Adult Carers "Bright Futures Project" Transitions Worker (18-24 year olds):**

Helen Head Tel: 07794 675706 E-mail: [helen@unitemd.org.uk](mailto:helen@unitemd.org.uk)

### **Office Administrator:**

Sharon Trerise Tel: 01884 257511 E-mail: [admin@unitemd.org.uk](mailto:admin@unitemd.org.uk)

## **Unite Carers in Mid Devon Chairman of Trustees Annual Report 2017/18**

It's great to see so many people here today on our fifteenth anniversary and I'm sure you're not all here for the cream tea. This time last year I reported that the previous year had been one of change with regard to trustees, staff and even volunteers. All that didn't interfere with the support we were able to offer to carers both young and old. I'm pleased to be able to say that the year ending on the 31<sup>st</sup> March 2018 has been a calmer year and also a satisfactory one in that the Unite machine in all its aspects worked like a well oiled engine, at least that's what I was advised to say. Seriously though I think we can say almost everything went well with happy staff, contented trustees and eager volunteers all playing their parts.

One of the vital activities which takes place rather behind the scenes in our charity is fund raising. The bulk of the money we need to keep our charity going comes from Charitable Trusts and Foundations up and down the country with with an emphasis on the West of England. Such organisations as The Avast Foundation, The Masonic Charitable Fund, The Medlock Charitable Trust, the 4814 Trust and the children at Blundells School to name but a few give their generous support. Each year the battle to obtain what we need to keep going gets harder and harder as the call on the sources of funding gets greater in the light of demand caused by this country's period of austerity which thankfully appears to be slowly coming to an end at last. We owe thanks to Phil Lloyed for his valiant efforts to secure funding on this front. On top of that we are very thankful for the many donations received over the course of the year from such diverse sources as the Soroptimists, Tiverton Golf Club, local supermarkets, Jurassic Coast Coffee Ltd, the Tiverton Concert raffle, Mr. Dave Saunders and the Uffculme Summer Fate. We also have two valuable contracts which help our cause, one a hosting contact for Devon Carers staff and the other a supporting contract for our KWC Project for which we have to thank Westbank.

Our staff have worked brilliantly during the year gone by and I'm sure will continue to do so. You will be hearing from the coalface, as it were shortly, so I won't go into too much detail. Lara organises support for adult carers with the help of her team of dedicated volunteers as well as organising our growing list of support groups which cover areas all over Mid Devon. Our Memory Café in particular prospers under the guidance of Jackie Quaife. We were pleased to join in the Devon Consortium of Memory Cafes when invited which proved a wise decision as they immediately offered us a grant to pay for an outing which was appreciated by all who attended at the Fisherman's Cot. Christina has made a valuable contribution as she endeavours to increase our presence in Crediton in particular. The new Data Protection rules that came into force in May this year will put added pressure on our staff and involve communication with carers and others seeking their permission to hold their personal details, but I'm confident we will be meeting all that the law requires in that regard.

Then we have our Kid Who Care Activities Coordinators, Sharon and Christina doing sterling work running the young carers side of the charity, organising monthly club nights in Tiverton, Cullompton and Crediton and exciting outings each month to a great variety of places to do a great variety of things of which you will hear more when they speak in a few minutes time. I have to mention Sharon twice because on top of her great work with the kids she is also our office administrator dealing with every problem under the sun when it arrives by email, letter or in person and doing it calmly and efficiently. Here I would also thanks to Tracey Downs of Devon Carers who has worked tirelessly with our Activities Coordinators to make sure the children we support get the best deal possible.

Continued.....

## **Unite Carers in Mid Devon Chairman of Trustees Annual Report 2017/18**

A mention also for our worthy band of trustees who give their time generously to the overall running of Unite. John Anderson our efficient treasurer, Bernice Philbrick our hard working secretary, Pat Eardly who is deputy chair person, and we also had the valued support from Margaret McDonald and Claudette Harrower although Claudette has now resigned as a trustee for personal reasons, but I'm happy to say wants to carry on as a volunteer supporting adult carers. I'm also pleased to welcome Liam Edwards, whom several of you will know, as a new addition to our Board of Trustees.

I can't not mention at this stage our team of volunteers who do such excellent work in supporting both our KWC Project and our Adult Carers project. Without them we wouldn't really have a charity at all. We are always, and I repeat always, looking for new volunteers both to support our Projects and to serve as trustees. It's great to see two of our patrons here today, Neil Parish MP and Polly Cothorpe DCC. Angela Rippon was unable to attend due to her duties at the BBC but sends her best wishes.

Last year the Bright Futures project in which Unite was one of the consortium members came to an end. The project supported young adult carers between the ages of nineteen to twenty-five. A new bid with the heading Upbeat was mooted and funding obtained from the Big Lottery for a further three years. Our Transitions worker Steve Alcock decided not to get involved in the new project so we recruited Helen Head as our new Transitions worker. Unfortunately the original project manager also decided to leave followed shortly afterwards by her replacement. A new manager is now in place. Despite these setbacks Helen has tackled the job with enthusiasm and enterprise. She will be telling you a little about the work she has done so far.

During the year we've worked well with Westbank, Devon Carers, Age UK, the Alzheimers Society Turntable, Involve, CHAT, SPACE and other third sector organisations in Mid Devon.

Lastly before you all get tired of listening to me I would like to mention the importance of spreading the word about what Unite can offer carers in Mid Devon. It's always a worry that there may be carers out there in need of support who don't know about us so please wherever and whenever you can give us a mention, spread the word. Also I would like to mention the question of membership. Anyone can become a member of Unite simply by filling in a form available in the office. Membership indicates an interest in supporting Unite in the work it does with carers.

**Roy Grantham  
Chair Of Trustees**

ORGANISATIONAL CHART – March 2018

*Unite – Carers in Mid Devon*

**Board of Trustees:**

Roy Grantham (Chair of Trustees)	John Anderson (Treasurer)	Margaret MacDonald (Ex-Carer)	Bernice Philbrick (Ex-Carer, Safeguarding Trustee & Secretary)	Claudette Harrower (Trustee)	Patricia Eardley (Trustee)
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**Unite Carers Staff**

Lara Pope Volunteer Services Manager	Sharon Trerise Office Administrator & Kids Who Care Activities Coordinator	Christina Dymond Kids Who Care Activities Co-ordinator & Adult Carers Support Worker
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**Hosted Devon Carers Staff  
Adult Carers**

Lorraine Mee	Clare Moughton	Susanna Venner
Devon Carers Support Officers		

**Young Carers**

Tracy Downs Young Carers Lead Practitioner Young Carers Support Worker
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**Bright Futures (18 – 24 Year olds)  
Young Adult Carers**

Helen Head Transitions Worker
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## General Income 2017/18

### Donations

Avast	£1,666
Carol Benn	£20
Dave Saunders	£244
Devon Memory Cafe	£140
Forget me not donations	£355
Jurassic Coast Coffee Ltd (Costa)	£500
Liam Edwards Donation	£120
Masonic Charitable Trust	£3,000
Mrs Marks	£50
Ms Stewart	£100
My donate, etc	£166
Paul Fitzmaurice	£600
Sampford Peverell Methodist Church	£171
Soroptomists	£700
St Michael's Church, Bampton	£600
Tesco donation from sale of books	£302
Tiverton Concert Raffle	£153
Uffculme Summer Fete	£50
Uffculme Xmas Fayre	£50
Will Simmons donation	£200
	£9,186

### Grants

Albert Hunt Trust	£1,000
Alchemy Foundation	£500
Allen Lane Foundation	£3,000
Barbara Ward Children's Foundation	£3,000
D'Oyly Carte Charitable Trust	£3,000
DCF - Blundells grant	£1,898
Gibbons Family Trust	£2,000
Heathcoat Trust	£500
Matthew Wrightson	£500
Trees Of FrancisWinham Foundation	£5,000
Viscount Amory	£500
	£20,898

### Contract payments

Bright Futures	£2,846
Bright Futures Upbeat	£14,360
Devon Carers hosting	£11,271
Westbank Young Carers	£2,400
	£30,877

**Total General Income** £60,961

## Active Volunteers. April 17 - March 18

### Volunteer Activities Key:

AC - Adult Carer Support, YC - Young Carer Support, Tr - Trustee, OV-Office volunteer

	Activity
Dorothy Allan	AC
John Anderson	Tr-AC
Neil Babbage	AC
Chris Bell	AC
Rita Bell	AC
Sylvia Boddy	YC
Carole Bond	OV
Catherine Britton	AC
Linda Broom	OV
Ruth Broomfield	OV-AC
Denise Butt	AC-OV
Nathalie Caulier	YC
Lynne Colley	AC-YC
Ken Cornish	AC
Andy Cowlin	AC
Grahan Cridland	AC
Jenny Davies	AC
Lou Dedames	AC
Mary Duke	AC
Pat Eardley	Tr-YC
Charles Edwards	AC
Janet Firth	AC
Kylie Ford	AC
Norman Ford	YC
Roy Grantham	Tr
Linda Gregory	AC
Stephen Green	YC
Liz Grout	AC
Claudette Harrower	Tr-AC
Joanne Hill	AC
Janice Kitchen	AC
Alison Knott	AC-OV
Toni Lane	YC
Phil Lloyd	AC-YC-OV
Margaret MacDonald	AC-TR

	Activity
Amy McNaughton	AC
Vivienne Menear	AC
Jean Milne	AC
Josie Musannif	YC
Sonia Notley	AC
Marianne New	AC
Marjorie Osborne	AC
Duncan Oxley	AC
Richard Parrott	AC
Fiona Passmore	AC
Alice Pearn	YC
Bernice Philbrick	TR-YC
Valerie Pocock	AC
Penny Prosser	AC-YC
Jill Prudhoe	AC
Jacqueline Quaife	AC
Alarna Raines	YC
David Saunders	AC
Gill Saunders	AC
Pauline Shields	OV
Laura Sollis	AC
Sally Souter	AC
Rosalyn Spencer-Bernard	AC-YC
Maureen Spry	AC
Vicky Stafford	AC
Pat Stagg	AC-YC
Celia Stevens	AC
Jill Stewart	AC
Barbara Strong	AC
Audrey Tidball	AC
Andrew Tonkin	AC
Jenny Tower	AC
Tina Webber	AC-YC-OV
Anne Wood	OV
David Wood	OV

## **Volunteer Services for Adult Carers**

(April 2017 to March 2018)

### **Unite Carer Premises and Administration**

Our main office is based at No 2 Bridge Street, Tiverton and is open 10 am to 1 pm, Monday to Friday, with an out of hours answerphone facility. Carers are welcome to drop in during opening hours with any queries, information or support and can often be signposted to relevant agencies or projects for further assistance.

Sharon Trerise, Office Administrator, oversees the running of the office four mornings a week along with Lara Pope the Volunteer Services Manager. A new addition to the staff team this year is Christina Dymond, who as well as her duties with our young carers has joined us on the adult carer side to oversee the Crediton area. As there is no office in Crediton, Christina is also based in No 2.

There are office volunteers for every day of the week, with a back-up team to cover holidays and sickness. Their role is crucial to the smooth running of the charity and they are kept busy with many administrative tasks including database validation, creating the Unite Carers' newsletter, photocopying, display boards, sending out letters, ringing carers, signposting carers to the correct organisation or professional person.

The main office hosts three Carer Support Officers from Devon Carers who all work on a part-time basis. This enables great communication between the two organisations resulting in an effective support system for the carers.

The second office at No 4 Bridge Street, Tiverton is where the Lead Practitioner for Devon Young Carers is based which enables close liaison with our young carers team based next door. Unite is a member of a consortium called Bright Futures which supports Young Adult Carers between the ages of nineteen and twenty-five and our Transitions Worker Helen Head is based in No 4 as well. This office can also be used for meetings and training to take place and there is a small meeting room downstairs which is used for private counselling sessions.

Unite Carers hold a database with information on carers, volunteers, staff and outside professional contacts. At the end of the year there were **546** carers registered with the charity. All new carers are referred to Devon Carers for a carer's assessment if they give consent, as well as signposted to other relevant organisations and offered Unite Carers' services.

A **Unite Carers' Newsletter** is sent out to all carers, volunteers and interested professional organisations on the database twice a year with up to date events and useful information.



## Support Groups for Adult Carers

Support groups provide carers with a range of benefits. Caring can be a lonely task and meeting up regularly with others facing the same sorts of issues and problems can be affirming and emotionally supportive. Sharing information and getting advice from others can also improve an individual's situation practically. The opportunity to vent about the daily frustrations as well as the deeper emotional hurts can be therapeutic. For some carers, it is just nice to get out of the house and enjoy the fellowship of others. There is a great deal of research done by organisations such as the Alzheimer's Society and Age UK that demonstrates that carers who regularly take part in a support group report less mental and physical health problems, feel less isolated, and have improved coping skills. In the past year we have up to **sixty three carers** a month attend a carer support group and up **thirty six ex-carers** attend an ex-carer lunch group.

Unite Carers host a total of **fourteen monthly support groups** around Mid Devon which are facilitated by a total of twenty dedicated Volunteers throughout the year. There are monthly information packs provided to each group to offer up to date information and stimulate a focus for conversation. These are **General Carer Groups** which are based in particular geographical areas that welcome any adult carers - whatever the illness or disability of the cared-for.

- ❖ **Tiverton Lunch Group** – This new group developed from the previous Witheridge group. It was decided to open it up to a larger area and to meet at various cafes in and around Tiverton for social purposes as well as support. Susanna Venner from Devon Carers also helps to facilitate this group.
- ❖ **Crediton Drop in Café** is a new group that meet in East Town Café in Crediton for a friendly drop in session.
- ❖ **Uffculme Group** is a small but cosy group of carers and ex carers.
- ❖ **Cullompton Carers Coffee Group** also materialised from the group that used to meet at the Hayridge. They feel that it also gives a more social aspect to a group and they now meet at various coffee shops in Cullompton.

Other groups are aimed more for Carers specific to their caring role such as:

- ❖ **Carers of people with mental health issues.** This lively, effective, group is a long standing established group which is facilitated by Lorraine Mee from Devon Carers.

- ❖ **Parkinsons Group** is a new group that works in conjunction with Parkinsons UK and has a drop in group for people with parkinsons and their carers. The new parkinson's nurse has attended and the local physiotherapist provided exercise classes. The group is keen to have an element of casual drop in mixed with some professional input.
- ❖ **Carers of Teenagers /Adults with Additional Needs.** The group is also open to the transition period of caring for children into adulthood. Again they have had guest speakers at the group relevant to the caring role. Clare Moughton from Devon Carers facilitates this group in the Old School Café at Heathcoats Community Centre in Tiverton.
- ❖ **Affinity – A group for carers of children with Autistic Spectrum Disorder (ASD)** This interactive new group was started by three volunteers this year under the umbrella of Unite Carers. They provide much needed support and advice to carers/parents with a child diagnosed of Autism or on their pathway. They meet twice a month and have invited guest speakers to cover relevant topics. During the school holidays they run family activities to include visual resource making, Christmas and valentines themed arts and crafts, sensory sessions, and mindfulness which have all been very well attended. The group is very self-sufficient and have been awarded grants from MDCC and Tiverton Town Council to fund their interactive activities including a Sensory Toy Library, materials for resources and refreshments plus publicity material. Tesco kindly donated chocolate Easter eggs and Heathcoat Primary School offer free use of their grounds, community rooms and sensory room.
- ❖ **Oasis Groups** are well established groups for carers of people with short and long term memory issues. Groups are held in **Cullompton, Tiverton** and **Bampton** and offer invaluable advice and peer support to carers on this very difficult journey.
- ❖ The **Tiverton Forget-Me-Not Memory Café** continues to be a haven where carers can attend with their cared-for, in the knowledge that there is volunteer and quite often professional support and advice on offer. It is helpful to gain peer support and hear talks by guest speakers with the knowledge that their cared-for are safe in the room next door being looked after by an amazing team of ten volunteers, whilst enjoying a cup of tea and a piece of home-made cake. There have been various activities on offer for the cared-for including musical bingo; singing; DVD of the Old Culm Valley Railway Line which stimulated conversation, cards, games, seated skittles and exercise classes! Some, however, prefer quiet 1:1 interaction with a volunteer.

Guest speakers and visitors in the past year include an Occupational Therapist; fire safety crew from Tiverton Fire Station; Wiltshire farm foods taster session; Legal matters by a local solicitor, Upstream, The Filo Project, Alzheimers Society, Healthwatch, CAB and Drink Well, Age Well!

The group have also had a trip to Bickleigh Railway Centre with the proceeds raised by Jackie Quaife from the Uffculme Fete and they have also enjoyed a cream tea at the Fisherman's Cot with a grant donated from the Devon Memory Café Consortium – of whom Tiverton FMN Café is a member.

- ❖ Bereaved carers or carers who have loved ones in residential care are referred to our **Ex Carers Luncheon Groups in Tiverton or Crediton** (with their consent.) The Tiverton group is run by a small group of volunteers who are ex carers themselves and always have a good turn-out where strong bonds of friendship are formed. Crediton hosts a smaller but well-established group facilitated by one volunteer. Both groups meet at various venues for lunch in and around their areas once a month.

## **1:1 Adult Carer Support**

Unite Carers offers 1:1 support for adult carers. This support can be through befriending, IT guidance in the home, regular telephone contact, assistance with filling in forms, advocacy, crisis, bereavement support and counselling support.

Each carer is matched accordingly with a suitable volunteer who is available to provide them with the support that they have asked for – be that cups of teas and chats, attending meetings with them to act as an advocate, walks, trips out, how to store photos on their computer, help with paperwork and/or to provide practical and emotional support.

The **1:1 support for Adult Carers** started in 2011 and has consistently provided support to over 100 carers a year. This year has proved no different with **104 carers** receiving it. We would like to see this number increase but respite care has become so difficult that carers find it difficult to leave home to meet up with someone or attend a group. Although home visits happen this can often prove difficult with the cared-for present and the carer still not getting 'time out'

**60 Carers** have received **1:1 Befriending Support** (of which 36 were still active at the end of March 2017) Each match is reviewed on a regular basis and is brought to an end if either party does not wish to, or can no longer commit. If a carer becomes bereaved their volunteer can continue to support them under the umbrella of Unite for up to six months if needed. **16** carers took up the offer of **bereavement support** (6 of which are still receiving it.) Sometimes this is from their volunteer befrienders and sometimes from volunteers trained in bereavement support.

**14 Carers** received regular **Telephone Support** throughout the year which suits them better than visits or meetings outside the home. Knowing that someone is going to touch base with them to make sure that they are okay is appreciated.

**5 Carers** received help with IT in the comfort of their own homes helping them stay in touch with people, searching the internet and emailing.

The **Volunteer Counselling Support** has proved very successful and **13** carers have taken up this amazing free offer.

Without our dedicated team of volunteers this project would not exist and between them they have a wealth of knowledge and experience and are quite often, but not always, ex-carers themselves. All volunteers attend induction training, provide two references and undergo a DBS check (police criminal record check). Volunteers gain as much benefit as the carers, which is why this project works so beautifully.

In the past year **49** volunteers have provided some sort of 1:1 support to adult carers with **40** volunteers still current and active. Some volunteers are not active at present – and just having some time out. Volunteers have contributed a total of **904 hours** supporting carers in a 1:1 role.

**15** new volunteers attended the induction training throughout the year to support adult carers in various roles (including the trustees) but unfortunately **10** volunteers left due to personal reasons and were unable to continue and commit to their role.

**Lara Pope**  
**Volunteer Services Manager**



## UNITE CARERS IN MID DEVON

### KIDS WHO CARE ANNUAL REPORT 2017/2018

It has been a very busy year for our 'Kids Who Care' staff and volunteers!

We said goodbye to our friend and colleague Cathy Kingham who retired last summer. Tracy Downs has taken on Cathy's role and is now the Devon Young Carers Lead Practitioner as well as keeping her original role of Devon Young Carers Support Worker for Mid Devon. This means that when Tracy assesses young carers in her Lead Practitioner role she can escort them to their first club night and trips as part of her Support Worker role. This has proved very successful and has resulted in a significant increase in numbers at all club nights as well as meaning we often receive 30 or 40 applications for our monthly trips. We therefore very much rely on our wonderful volunteers to support these numbers and have welcomed 6 new Young Carer Volunteers to our team and also received welcome support from 2 of our Trustees Bernice and Pat.

Our young carers have enjoyed monthly Club Nights held at Tiverton Youth Centre, Crediton Congregational Church and the John Tallack Centre in Cullompton on the first, second and third Tuesdays of the month respectively. We provide a meal, which we often incorporate as a cooking activity, as well as a craft activity relevant to the time of year, and of course the obligatory pool and table tennis as well as basketball and board games.

We have also had some exciting trips throughout the year including our annual trips to the Exeter Canoe Club, climbing and lunch at the Wall In The Hall, 10 pin bowling and our cooking day at Blundell's Prep School, as well as the Christmas Pantomime Dick Whittington at the Northcott Theatre – oh yes we did! New activities such as 'KWC Repair Café & Up-cycling Day', Sports Day at Culm Valley Leisure Centre and our 'Mystery Train Trip to the Seaside' have also been very popular!

The Devon Carers tiering system means that although all our registered young carers can come to club nights our trips are only offered to those children most in need of respite from their caring roles. We aim to take 15 to 20 children to each trip and do our utmost to make our selection fairly and age appropriate.

Looking ahead we are planning on taking a group of young carers to the YMCA Young Carers Festival held in Southampton at the end of June. Although we are excited about this new venture we are not looking forward to 2 sleepless nights camping with 12 young carers! A challenge but a rewarding one we hope!!

Devon Young Carers have been holding regular 'Young Carer's Council' days and we have been pleased to take up to 6 young carers from Mid Devon to Crealy, a pottery class and a graffiti workshop where young carers from all over Devon meet up for a fun day and are asked their opinions and feedback regarding their caring roles and the support they receive from Devon Young Carers in a relaxed, casual environment.

Continued/.....



## UNITE CARERS IN MID DEVON

### KIDS WHO CARE ANNUAL REPORT 2017/2018

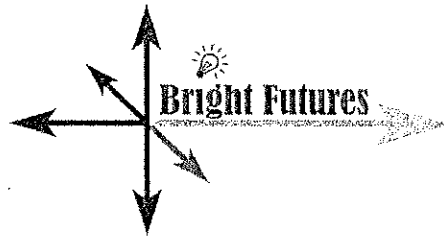
The backbone of our basic funding comes from generous grants provided by Charitable Trusts and Foundations throughout the country and particularly the West Country. However we are also very fortunate to be supported by our local community and have received generous donations throughout the year. Tesco Tiverton staff and customers have been particularly generous again this year and provided Christmas presents for all of the young carers from Tiverton. They also provided 'goodie bags' for our theatre trip and donated their proceeds of their book sales in their foyer! This year we have also been supported by Tiverton's Morrisons who donated food for our Tiverton Christmas Club Night. They have also pledged £20 of vouchers every month to go towards the Tiverton Club Night. We ensure that every penny is put to good use to give the young carers memorable trips and club nights.

Unfortunately we no longer have support from Bright Futures for our young carers aged 14 to 17. Therefore we were very pleased to support one of our young carers in his application to the Sir Francis Chichester Trust for a place on a 19 day outward bound course in the Lake District. He has been chosen as one of only 3 successful applicants from Devon and we are pleased to have also received local donations from Tiverton charities (who wish to remain nameless) to pay for his travel up to the Lakes. This is an opportunity of a lifetime and we are delighted to have helped him in his application.

We have over 270 young carers registered with Kids Who Care and we can have up to 35 children attend club nights on any one night which keeps us on our toes! We could not run our club nights or activities without the generous donation of time by all of our volunteers and we thank each and every one of them. If you are interested in becoming a KWC volunteer please contact us for an invitation to one of our club nights to get an idea of what is involved.

We thank all volunteers, carers, Trustees and staff for the support our Young Carers receive.

**Sharon Trerise & Christina Dymond**  
**KWC Activities Co-ordinators**



## Bright Futures

In 2008 Unite became part of a consortium with three other Devon based charities to deliver support services to young adult carers across Devon. In 2012, the consortium, led by Torrington Voluntary Services successfully secured five years of funding from the Big Lottery Youth in Focus programme to deliver a new 5 year project called Bright Futures. In August 2017 further funding was secured from the Big Lottery Reaching Communities Fund to continue to deliver the Bright Futures project for another 3 years. The project has been developed and renamed the Bright Futures Upbeat project, which expands on the work we are doing with Young Adult Carers and their families across Devon.

The Bright Futures Upbeat project offers support to Young Adult Carers aged 18-24 to help them get the skills, confidence and help they need to manage periods of transition and change in order to build their resilience and improve their future life chances. There are four Transitions workers based around Devon; the Mid Devon Transition worker is based in the Unite office in Tiverton. The Transition workers aim to support young adult carers aged 18 to 24 by offering:

1:1 support, signposting, advocacy, information, training, activities, skills development and the chance to engage with peer support groups.

**Case Study:** Below is an example of work that the Mid Devon transition worker has carried out with a young adult carer.

A young adult carer (YAC) made contact with Bright Futures; she had been made aware of the project by seeing a poster at the college she attends. The YAC is the sole carer for her mum who has several medical conditions. The YAC attends Exeter College and is in the final year of her course. She has been struggling to balance her caring role, college work and employment. The YAC was feeling very overwhelmed and isolated.

The Transition worker met with the YAC and worked with her to identify the areas that she was struggling with, what the YAC felt would be helpful to support her and who could offer that support. The Transition worker supported the YAC in speaking to her college tutor to make him aware of her circumstances. The tutor was then able to offer support to the YAC making her college work more manageable.

The Transition worker also supported the YAC in speaking to the Wellbeing and Health advisor at the college who is now providing her with someone to talk to and coping strategies. Additionally the YAC had been invited to attend peer support group activities to give her the opportunity to mix with other YAC in similar situations. The Transition worker also supported the mum, signposting her to organisations who can offer support with her medical conditions.

The YAC is now much more positive her future and feels more informed about the choices she has.

**Helen Head – Bright Futures Mid Devon Transitions Worker**