LITTLE DREAMERS

Annual Report

2018 - 2019

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LITTLE DREAMERS

We believe in a world where every single Young Carer is supported by someone or something by 2030.

“I dream of learning to surf with my dad.”

Jack’s Dream Experience

A letter from our Founder and CEO,

Heading into our 10th birthday, we always knew that the 2018-19 financial year would be one of significant change, growth and impact, but I think that I seriously underestimated just how big the year would be for us.

We began by setting ambitious targets for both funding and impact. We wanted to do more with less, we wanted to refine and improve, we wanted to deliver high quality of service no matter where you lived or what your circumstances were.

Over the past 12 months the Little Dreamers team has worked for over 11,000 hours, reaching over 416,000 people on social media, travelling to two different continents, engaging over 75 volunteers and impacting the lives of 2,500 Young Carers.

These might just be numbers on a page right now, but through the pages of this report you will get to know these Young Carers, their stories, and what Little Dreamers has meant to them.

You will also meet some of our staff, volunteers, donors, partners and find out more about our programs, impact and dreams for the future. I would like to take this opportunity to thank you all for your ongoing support on behalf of our team and our Young Carers.

To me, Little Dreamers is and always has been more than just a job. This organisation has given me the opportunity to create the world that I wish I had when I was younger, filling a gap in our country's healthcare system that never should have existed.

What you are about to read is a report celebrating your contribution to Little Dreamers. We are a family at Little Dreamers and we are excited to welcome you into the fold.

I am proud of how far we have come this year, the team we have built, the people who have been empowered by the Dream Big message and the impact that we have had. The future is looking pretty big, pretty bright, and we can't wait for you to come along on this journey with us.

With love and big dreams,

Madeleine Buchner

Madeleine Buchner OAM

Founder and CEO
Little Dreamers Australia

A letter from our incoming Co-chairs,

It was our 10th birthday this year at Little Dreamers and wow, did we have a lot to celebrate!

After almost four years on the Little Dreamers board, it has been such a pleasure to watch Little Dreamers go from strength to strength in building the awareness and support for Young Carers in Australia and around the world.

Little Dreamers is a special organisation that shines a light on and provides support for an exceptional group of young people who care for their family members. It is our vision to ensure every single Young Carer is supported by someone or something by 2030 and this year, we took some great steps towards achieving this.

Little Dreamers now facilitates and delivers six direct support programs around the country; including Holiday Programs, Dream Experiences, Big Dreamers, mentoring, our Dreamers Hub, and The Young Carer Project, an in-school education program across Victoria.

With over 2,500 Young Carers supported this year, and a number of essential support programs developed and piloted to support more young carers than ever before, our 10th year has been a foundation year for the next 10 as we aim to scale quickly interstate and into rural Australia.

Little Dreamers has been continuously referenced as an international best practice organisation, working closely with lead researchers and research bodies around the world. Our team has presented on expert panels, and delivered keynotes to build a name for itself in the space of international Young Carer support.

None of this would be possible without our very passionate team, who work tirelessly to deliver on our vision. They should be so proud of what they have achieved to date and what they are building towards in the future.

I would like to finish by saying a huge thank you to all of our philanthropic, corporate and government partners who have played pivotal roles in changing the lives of these amazing Young Carers this year and in the years to come.

Bring on the next 10 years!

Rebecca Smith & Michael Thurin

Incoming co-chairs
Little Dreamers Australia

"Little Dreamers feels like a home away from home. It's more than just a job or a career, it's a community built around empowering those around you."

Steph Hausler, Operations Manager

Before we get into the nitty gritties,

This is probably a good place to tell you a little more about our story.

Officially launched in 2009 (but running unofficially for seven years prior), Little Dreamers was developed to fill a gap in the healthcare system that never should have existed, supporting young people who provide care in their families.

Founded by Young Carers for Young Carers, Little Dreamers was launched as a non-profit organisation with one goal – to provide experiences for Young Carers around the country.

Following the launch, the team became engrossed in reading reports from around the world that detailed the challenges Young Carers were going through – poor mental health, social isolation, reduced education and employment opportunities, financial disadvantage.

The one-off experiential support wasn't going to cut it and new programs began to develop through co-design and support from other Young Carers.

Fast forward to 2019,

We're being the change we wish to see in the Young Carer space.

Little Dreamers now facilitates and delivers six direct support programs around the country; including regular Holiday Programs, providing Young Carers with a fun day out on the school holidays and an opportunity to connect with others like them; our popular Dream Experience Program, giving Young Carers the opportunity to live their dream for the day; Big Dreamers, a personal development and leadership program spanning six months; our Dreamers Hub, an online community of Young Carers; an in-school education program across Victoria; and, of course, mentoring!

We're known as an international best practice organisation, working closely with lead researchers and research bodies around the world. Our team has presented on expert panels, and delivered keynotes around the world to build a name for itself, and for its CEO, in the space of international Young Carer support.

We are proud of how far the sector has come, but we also acknowledge that there is still so far to go.

Definition of a Young Carer

We've made some changes to how we define the term 'Young Carer':

YOUNG CARER
/jʌŋ/ˈkɛːrə/
noun

'A young person under 25 who provides, or intends to provide care, assistance or support to a family member with an illness, disability, or addiction.'

Why? In 2015, the Federal Government announced the Integrated Carer Support Service with an increased focus on early intervention and prevention. This new definition addresses youths who will provide care as they grow older, supporting the early intervention approach that we believe is so important.

The numbers

We're also challenging the common figures associated with Australia's Young Carer population:

There are over 7.5 million young people between the ages of four and 25 in Australia (ABS, 2018)

One in 10 youths aged 4-25 provide informal care for a family member (DSS, 2002)

This means that there are an estimated **750,000 Young Carers** in Australia.

This is more than three times higher than the 235,300 Australian Young Carers found by the Survey of Disability, Ageing and Carers (SDAC) in 2018 and commonly cited by Australian carer organisations.

The exact number of Young Carers within Australia is difficult to pinpoint for a number of reasons including the fact that young people often do not identify themselves as carers. The actual number of Young Carers within Australia is likely much higher than often reported.

Pictured: (From left) Madeleine Buchner, Professor Saul Becker

"In the UK and other advanced countries, there is an emerging consensus that around 10% of children and young people are Young Carers. This is based on a methodology which asks children directly whether they are involved in various caring roles for an ill or disabled relative/parent in their family, such as showering them, helping them to the toilet, keeping an eye on them etc.

These children represent a hidden army of young people who are also family carers. They will be on your street, in your community, in your schools... can you see them yet?"

Professor Saul Becker - Little Dreamers Advocate
Provost at the University of Sussex, Young Carer Expert

“I dream of becoming a Marine Biologist and having a close up encounter with animals.”

Riley’s Dream Experience

The key statistics everyone should know:

1 in 10 Young people in Australia have caring roles in their family[1]

It is estimated there are **2-3** Young Carers in every single classroom[2]

In 2015 carers provided an estimated **1.9 billion hours** of unpaid care in Australia[3]

50% of caring families live below the poverty line in Australia[4]

Young carers feel their caring role **enhances** their relationship with the receiver of care and improves their independence[5]

Young carers are almost **twice** as likely as non-carers to be unengaged in either work or study[6]

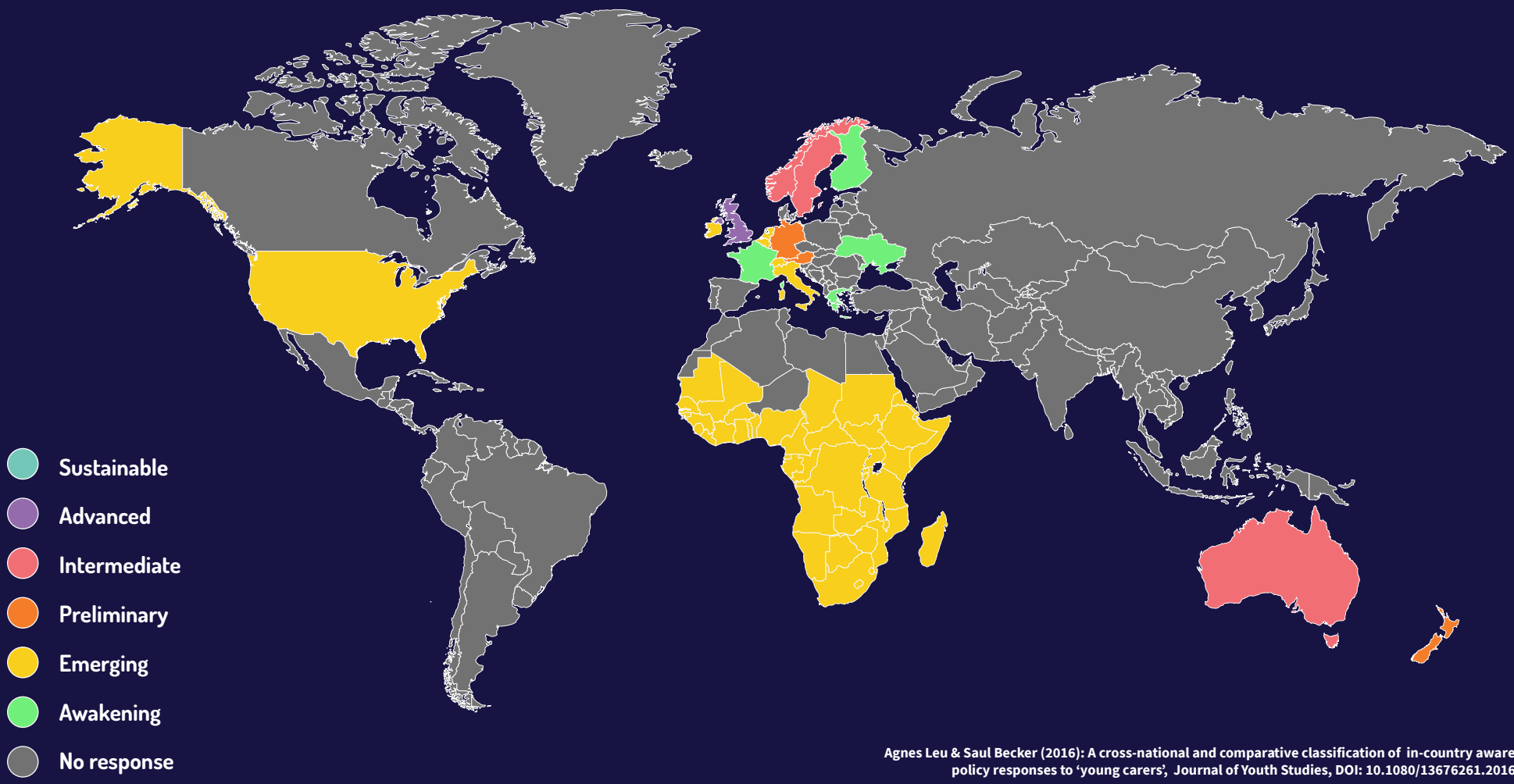
Young Carers are up to **1.9 Years Behind** in NAPLAN scores[7]

Young females, Indigenous Australians, and those with diverse backgrounds are **more likely** to have caring roles than their peers[8]

Young carers reported having a **fear of bullying** or harassment, due to the stigma around illness and disability[9]

In-country awareness to Young Carers

We believe in a world where every single Young Carer is supported. This is where the world's at:



Agnes Leu & Saul Becker (2016): A cross-national and comparative classification of in-country awareness and policy responses to 'young carers', Journal of Youth Studies, DOI: 10.1080/13676261.2016.1260698

“I dream of seeing Hugh Jackman on his World Tour.”

Isabelle’s Dream Experience

Our year in review

Check out our 2018/19 at a glance:

- Over 2,500 Young Carers supported
- Over $1 million raised
- 12 new team members
- 1 interstate team member
- 1 new office
- $19,000 raised at our trivia night
- $29,000 raised at our gala dinner
- 1 rebrand
- 76 Dreams granted
- 8 Holiday Programs
- 1 Order of Australia Medal
- 1 Fun Run
- Launched The Young Carer Project
- 11 successful mentor matches
- 1 International Young Carer Conference in Norway
- 1 Exhibition
- 11,989 approx staff hours
- 1 Young Carer Expert Guide
- 1 Big Dreamers Graduation

In 2018/19 we facilitated 141 programs across Australia, supporting over 2,500 Young Carers through socialisation, respite opportunities, access to supported education and employment opportunities, and peer support, to improve their quality of life.

A timeline of highlights

July

17 July
Moved into our first standalone office in South Melbourne

26 July
Supported the launch of the Victorian Carers Strategy with a focus on, and funding for, Young Carers

August

3 August
Launched the Big Dreamers Personal Development Program with a retreat for 10 Young Carers in Cape Woolamai

20 August
Maddy gave her first TEDx talk about Young Carers and education in Sydney

September

26 September
Ran first school holiday program open for all Young Carers in Melbourne with 20 in attendance

October

19 October
300 Young Carers celebrated The Young Carers Festival at Luna Park.

18 October
A visit from the Duke and Duchess of Sussex, Prince Harry and Meghan Markle.

20 October
8,409 people engaged on social media and 3,500 reached through talks and events during Carers Week

20 October
150 people celebrated Little Dreamers at the Dream Big Gala.

November

21 November
Launched our NSW election platform in Sydney

28 November
Maddy received Young Entrepreneur of the Year Award presented by Business News Australia

December

5 December
Little Dreamers received $30,000 of funding from JCA to fund our first staff member in Sydney

24 December
Secured $540,000 from Federal Government Department of Social Services to pilot and launch The Young Carer Project, an in-school support to make secondary schools across Victoria Young Carer Friendly

THE YOUNG CARER PROJECT.

2018

January

14 January
Ran our second Big Dreamers retreat for the 10 Young Carers going through our Big Dreamers Program

22 January
Facilitated our largest holiday programs with 75 Young Carers across Melbourne and Sydney

26 January
Maddy received an Order of Australia Medal on Australia Day for her significant contribution to Young Carers

February

10 February
Our first group of Big Dreamers successfully graduated from their 6-month personal development journey with Little Dreamers

March

8 March
Celebrated International Women's Week with social media campaign and three speaking events

14 March
Maddy was a finalist in the Telstra Business Women's Award

28 March
Hosted a stall at the Source Kids Disability Expo at MCEC with more than 3,000 attendees

29 March
Hired 4 facilitators for our schools program

April

3 April
Attended First End of Life Ancillary Forum

6 April
Celebrated Victorian Youth Week with our event 'Adulting For Young Carers', seeing over 60 Young Carers and 10 interactive workshops

10 April
Young Carer Co-design workshop

16 April
$50k Federal Liberal Government grant announcement

17 April
2 Holiday Programs

May

3 May
Education program begun

8 May
DHHS Victorian Carer Strategy Funding Announcement

11 May
250 people at our annual trivia night, which raised $19,000

12 May
Travelled to Norway for the 'It Takes A Village' conference in Oslo and met with industry leaders in London

16 May
Celebrated our 10th birthday!

June

6 June
Moved into our brand new St Kilda office with a boardroom, three meeting rooms and loads more space!

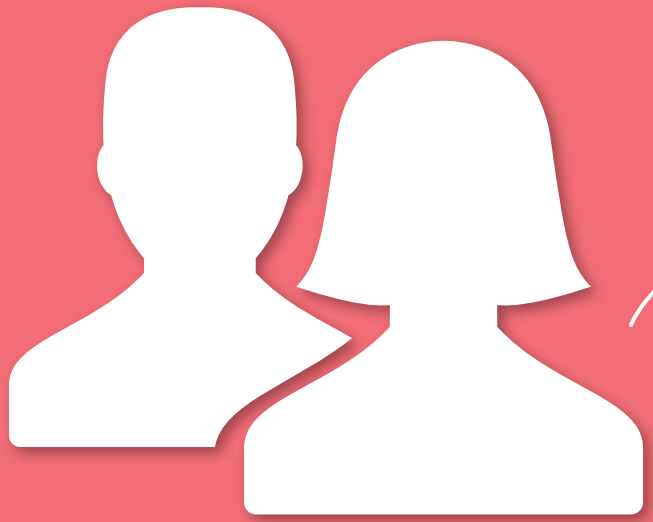
17 June
Work experience with Big Dreamer, Aylin!

21 June
Visit from Josh Burns MP

2019

Who are our Young Carers?

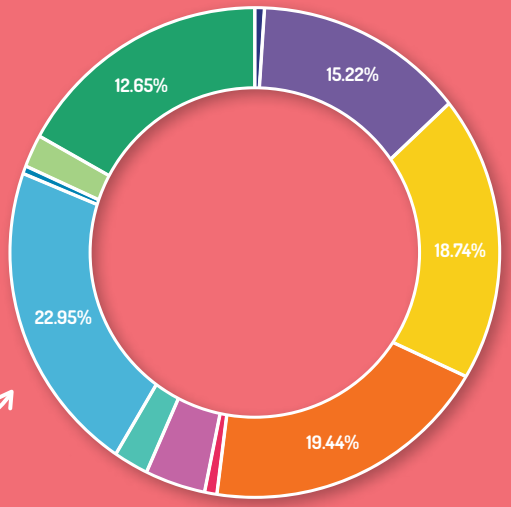
Profiling our Young Carers



- 63% identify as female
- 20.6% provide care for more than 1 person
- 51% are aged between 10 – 15

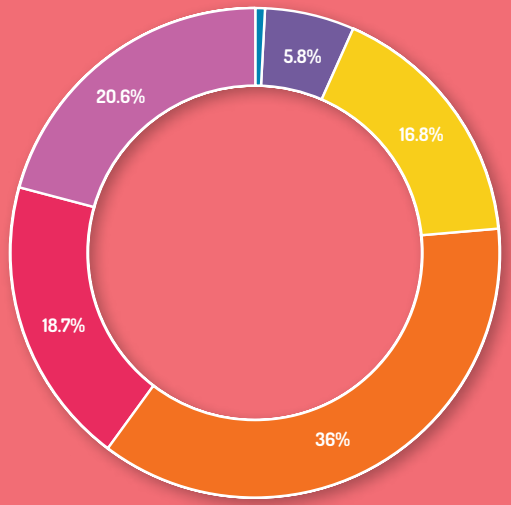
Where are our Young Carers based?

78% in VIC
14% in NSW
5% from QLD
1% WA
1% SA
1% ACT



Reasons for providing care?

- Serious Injury
- Physical Disability
- Intellectual Disability
- Mental Health
- Addiction
- Chronic Illness
- Cancer
- Autism Spectrum Disorder
- Frail/Old Age
- Carer of sibling/s
- Other



Who are they caring for?

- Grandparent
- Father
- Mother
- Brother
- Sister
- Multiple family members

Partnerships

In 2018/19, Little Dreamers has been supported by some wonderful partners to drive our programs, amplify events and improve the quality of life of Young Carers.

We have partnered with many generous individuals, foundations, corporations and other not-for-profits to best support the Young Carers we work with across all six of our programs.

We would like to thank our donors and partners who have backed us over the past financial year. With your ongoing support, we will continue to engage Young Carers and build healthier and more connected communities.

Thank you from all of us at Little Dreamers!

A special thank you goes to...

TRUSTS AND FOUNDATIONS

All-In Giving Circle
Dorman Foundation
Gandel Philanthropy
Jack Brockhoff Foundation
Mazda Foundation
Rainbow Jane
The WCF Thomas Charitable Trust
Westpac Foundation
RACV Foundation
Pierce Armstrong Foundation
Tobin Brothers Foundation
Maddocks Foundation
The Alfred Felton Bequest

GOVERNMENT

Department of Health and Human Services
Department of Social Services

PROGRAM SUPPORTERS

Cotton On Group
Grill'd - Melbourne Central
Kingpin Crown
Qantas
The Summer House Torquay
The Age
Westpac
Surf Trax Phillip Island
Rydges Sydney
Viv Ellis
Rachael Michelle Fashion & Editorial Photography
Nitro Circus
Sidetracked
Luna Park
My Dreamy Teepee

NON-PROFIT SUPPORTERS

Alfred Health
Bobbi Cook Behavioural Management
Carers Victoria
Caring Kids
Cerebral Palsy Support Network
Cup of Cope
Dylan Alcott Foundation
Flying Fox
Friendship Circle, NSW
Merri Health
Ronald McDonald House
Wellways

CORPORATE PARTNERS

Amaco Travel
Crowne Plaza Melbourne
CoWork Me
Minter Ellison

SPORTING TEAMS

Hawthorn Football Club
North Melbourne Football Club
Sydney Football Club
Melbourne Football Club
Essendon Football Club
Tasmanian Cricket Team
Melbourne Vixens
Cricket Victoria
Basketball Australia
Melbourne City

Meet the Dream Team

The Little Dreamers team is made up of individuals who are passionate about supporting Young Carers

MADELEINE BUCHNER
Founder and CEO

NAT COURT
Head of Programs

TASHA FELDMAN
Family Support Coordinator
Started August 2018

STEPHANIE HAUSLER
Operations Manager
Started September 2018

EMMA WOODWARD
Marketing Coordinator
Started October 2018

NATALIE MARINOPOULOS
Graphic Designer
Started January 2019

NED OGLEY
Family Support Worker
Started April 2019

CARLA VAN MAL
Program Coordinator NSW
Started May 2019

ITAI FRANCO
Facilitator
Started May 2019

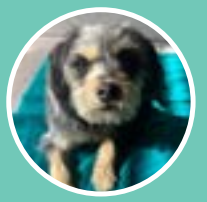
MIRANDA NASH
Facilitator
Started May 2019

PHIL PRESTON
Facilitator
Started May 2019

YUVAL WITKIN
Facilitator
Started May 2019

CASEY ROSENGARTEN
Programs Coordinator
Finished April 2019

ATTICUS LYON
Head of Schools Program
Finished June 2019



DAISY
Chief Barketing Officer
Started January 2019

Our board

Rebecca Smith - Head of Marketing, Thankyou ANZ
Michael Thurin - Management Consultant, A.T. Kearney
Dana Rochwerger - Search Manager, Innovate Online (joined October 2018)
Mark Goldberg - Director, MG Business Consulting
Summer Howarth - Founder & Learning Designer, The Eventful Learning Co.
Trevor Givoni - Clinical Psychologist, Department of Education and Training

Finished October 2018
Leonie Akhidenor - Head of Residential Development, View Bank Homes
Sheree Rubinstein - Founder & CEO, One Roof

Our advocates

Professor Saul Becker - Young Carer Expert & Provost at the Univ. of Sussex
Feylyn Lewis - Young Carer Expert & Research Fellow at the Univ. of Sussex
Nicola Brentnall - CEO Queens Commonwealth Trust

Our ambassadors

Ariel Kaplan
Dena Kaplan
Gemma-Ashley Kaplan
Alicia Banit
Michael Short

LiTTLE DREAMERS

A summary of what we've been up to in each of our programs...

BIG DREAMERS

HOLIDAY PROGRAM

MENTORING PROGRAM

DREAM EXPERIENCE

THE DREAMERS HUB

CASE MANAGEMENT

THE YOUNG CARER PROJECT.

Dream Experience

Summary

Dream Experiences provide Young Carers with the opportunity to fulfill a lifetime dream. Ever wanted to ride in a hot air balloon? Or run onto the football field with your favourite team? These are the types of things that we make happen for Young Carers right around Australia!

Our Dream Experience Program this year saw us work with 76 extremely special Young Carers and receive some outstanding contributions from organisations across Australia.

Refer to our partners (page 24) to see some of the wonderful organisations we collaborated with!

VICTORIA State Government | Health and Human Services

Westpac

76 Dream experiences granted

5 out of 5 was the average overall experience rating

40+ incredible organisations donating their time and services to grant Dream Experiences

1 incredible accommodation partner established, **Crowne Plaza Melbourne**, to help facilitate Dream Experiences

100%

100% of respondents said they would recommend our Dream Experience to others

Some of our Dream Experiences...

Alyssa's Dream Experience

At just 5 years of age, Alyssa is an incredible Young Carer for her brother who has Autism, Speech Processing Disorder, and language processing delay. Alyssa also plays a role in caring for her mother, who has undergone multiple surgeries as a result of a car accident and requires ongoing attention as a BRCA1 gene carrier.

Alyssa's Dream was to attend Carols by Candlelight at Sidney Myer Music Bowl. With our accommodation partners Crowne Plaza Melbourne, Alyssa and her family were treated to two night's accommodation at Crowne Plaza and tickets to Carols.

Sam's Dream Experience

Sam is 15 years old and is a Young Carer for his younger brother Jack who has a rare brain condition. As a result of Jack's condition, it has been difficult for Sam to pursue his goals, specifically with cricket. For Sam's dream experience, he visited the Tasmanian Cricket team at Junction Oval. He warmed up with them, had a go in the nets and bowled/batted with the team. Sam had an incredible time!

"Many, many thanks to Little Dreamers Australia and to all associated with Cricket Tasmania and the Tasmanian Tigers team for giving Sam what he told me was the best day of his life! An afternoon he will never forget and an experience that will continue to inspire him to keep reaching for his dream." **- Sam's Mum.**

Jack's Dream Experience

10-year-old Jack is a Young Carer for his little sister, who was the first person to be diagnosed with a rare condition called Xia-Gibbs syndrome. Jack is extremely patient, understanding and supportive of his sister, even presenting to his class on her syndrome and teaching them how they can care for and support her too!

Jack deserved an amazing Dream Experience to celebrate him! So with the help of Surf Trax Phillip Island, Jack lived out his dream of learning to surf with his dad, spending an all-inclusive two nights in Philip Island with surfing lessons, accommodation, bike tours and daily breakfasts!

Some of our Dream Experiences...

Maggie's Dream Experience

Maggie is a Young Carer for her younger brother with Autism. For Maggie's Dream, her family was treated to a weekend away at the Summer House in Torquay, entry to Geelong Adventure Park and a dolphin swim.

"We have just arrived home from the most amazing three days...our first ever family holiday! Maggie had the best time ever! We really don't know how to thank you, we will remember this for the rest of our lives." **- Maggie's Mum.**

Byron's Dream Experience

Eight-year-old Byron is a Young Carer for his sister, who suffered a stroke at the age of two and obtained a resulting brain injury requiring multiple surgeries. Byron always helps his sister and family, puts clothes away, sets the table, helps walk the dog, helps her in the school yard, among other tasks.

For his Dream Experience, Byron attended a Richmond FC training session and met his footy idol, Dustin Martin!

"The program made my child feel like he was important too. He was overwhelmed & couldn't believe how lucky he was to be given this opportunity." **- Byron's Mum.**

Harvey's Dream Experience

Harvey is a Young Carer and massive support for his mum, who has severe osteoarthritis. As a result, she often finds it hard to get around and Harvey must help with dressing, loading and unloading groceries, doing chores and travelling places. Harvey always has a smile on his face, is incredibly resilient, and absolutely loves dogs.

With the help of Guide Dogs SA/NT, Harvey spent the day with gorgeous guide dog puppies, helping guide them through obedience cues and enjoying plenty of cuddles!

School Holiday Program

Summary

Our Holiday Program provides Young Carers with a break from their caring role, as well as the opportunity to have lots of fun and meet other Young Carers!

Holiday programs kicked up a notch this year! Featuring some fantastic venues, facilitators and volunteers across Melbourne and Sydney, we successfully delivered the program to 200 Young Carers.

8 programs across Melbourne and Sydney in July, Sept, Jan and April

100% of respondents said they would recommend our holiday programs

25 Volunteers assisting to ensure the programs ran smoothly and that all Young Carers enjoyed themselves

14 organisations partnered with us including Ronald McDonald House, Luna Park and Adventure Park Geelong

200 Young Carers attended a holiday program

100%

100% of Young Carers in attendance said they felt less socially isolated and more connected to others

School Holiday Program

Testimonials from our Holiday Program

"We're very appreciative of this program and our kids are so lucky to have this opportunity. The volunteers were so friendly and made us feel confident about leaving our kids in their care."

"I love my daughter being able to go to these events. It's so important for Young Carers and it makes them feel acknowledged. It's wonderful what organisations like Little Dreamers do. You are a godsend for families like ours."

"The workers went above and beyond to help my daughter get to the program and feel comfortable and included on the day."

"My son had an absolute ball!"

Big Dreamers Program

Summary of our Personal Development Program

The aim of our six-month program is to empower and build new skills in Young Carers aged 14-18. Big Dreamers includes two retreats, monthly workshops, mentoring, fun outings and new friends.

Over the course of six months, we watched the impact that our pilot program had on our Young Carers' confidence, positivity, motivation, and communication levels. We're so proud of the 10 Young Carers who took the plunge with us!

GANDEL PHILANTHROPY

10 Young Carers completed a 6 month Personal Development journey

2 retreats in Phillip Island and Wonthaggi

6 Workshops providing skills in areas of mental health, public speaking health and well being

10 business mentor matches in fields of the Young Carers choice

1 Big Dreamers Graduation

90% felt more confident than they were prior to the program

Big Dreamers Program

Testimonials from our Big Dreamers

> I have discovered that I was actually never alone in my caring role. I may have been alone in my small little town way out in the boonies, but meeting the Little Dreamers team and the other 9 incredibly inspirational people has given me friends, people I can talk to and a place where I can feel like I'm not alone.

"I feel like since participating in the program I can open up more, even to people I don't know at all because they understand my situation."

"This program has helped me develop, taught me skills and given me friends that I will have for life."

> **It was awesome! I would do it 100 times again.**

"The program helped me realise that I count as a Young Carer and I'm braver than I thought. "It has been life changing to be part of a group that allows me to express who I am and explore who I want to be."

Big Dreamers Program

Big Dreamers – Business mentoring

Industry Experience: Supre

Aylin's dream job is to work in fashion and media so she was matched with Jeannie, Assistant Planner at Supre. Spending the day at the head office, Aylin went on a tour, was taught about social media marketing and visited the following teams; buying, Social Media, Digital Marketing and Executive team. Aylin even had a store visit!

"It was so much fun! I loved the social media aspect of things and Jeannie was amazing. Everyone at Supre was so lovely" **– Aylin Olmez**

Industry Experience: QANTAS

Will's dream job is to be a flight attendant, so for his industry experience he was matched with a pilot from QANTAS, Alan Craig. During their time together they met with CSM Chris Gilbert, CSS Sharon Khoury-El-Cheikh and their QF93 crew. This gave Will an insight into a cabin crew briefing and the start of a flight attendant's day. A special appearance from Captain Steve Ager was a wonderful surprise!

Will and Alan then went to the Flight Training Centre for a tour of the facility including going through the Emergency Procedures and flight simulators. Will went home with some very special QANTAS gifts as a reminder of his special day.

"It was an inspiring day that I hope will assist in Will's dream coming true" **– Alan Craig**

Mentoring Program

Summary

Often young people growing up in families affected by disability, illness or addiction feel isolated and lonely. Our mentoring program provides Young Carers with a constant companion and role model, increasing feelings of value and support and decreasing isolation.

We couldn't be more proud of the mentors and mentees who perhaps ventured out of their comfort zones to foster meaningful and valuable relationships. Overall, the year produced eleven successful and ongoing mentor matches, with plenty more to come!

What's next?

- Development of new mentoring information booklet and marketing materials
- 75 new mentor matches over the next financial year
- Partnering with community organisations, educational institutions and other businesses to broaden our mentor and mentee intake

MAZDA FOUNDATION

The W.C.F. Thomas Charitable Trust

THE JACK BROCKHOFF FOUNDATION

VICTORIA State Government | Health and Human Services

Successfully launched a pilot of the Little Dreamers Mentoring Program

Formalised our mentor application and induction process

Eleven mentor matches

2 volunteer inductions and launch of regular mentor training sessions

Implemented a stringent process for ensuring the safety of Young Carers spending time with an adult mentor

Strong vetting of volunteers, ensuring only those who are committed to a min of 12 months of mentoring are chosen

Mentoring Program

Meet some of our incredible young carers and their mentors

Grace, 11, and Clee

Grace is the older sister of Harrison. Harrison was diagnosed with a potentially fatal form of muscular dystrophy called Duchenne. His condition has been progressively getting worse. Much of Grace's life is dedicated to looking after her brother and helping out her parents. She is very loving but really wanted someone to spend one on one time with. Grace has been matched with Clee, a social work student. Both living in Brisbane, they have done lots of creative activities together and recently even attended a unicorn festival! ***"The mentoring is going amazingly. Grace came home with a giant grin on her face. She's a great match for Grace."*** **– Grace's mum.**

Alex, 13, and Darren

Alex is the primary carer for his mother and has been for the past 8 years. His caring role is significant within the household and includes: showering his mum, catheter care, shopping, cooking, making lunches, gardening, cleaning, helping his mum get dressed, preparing her hospital bags and supporting her once home from her hospital stays. Alex has been matched with keen sports fan, Darren. For Darren, a highlight was introducing Alex to his own kids who are a similar age. They all went to the movies, a special experience for Alex as he has not had the opportunity to go to a regular cinema. Alex was able to lay back in his reclining seat with popcorn and Maltesers and Darren said his smile was priceless.

Charlotte, 12, and Morgan

Charlotte is a Young Carer for her father, who currently has two types of cancer. She lives in commission flats with her three older brothers, sharing a bedroom with her father. Her dad is unable to work, and the family struggles financially. Charlotte and Morgan were matched and have been building a strong relationship over the past 5 months. Weekly activities have included tie dying tops and socks, getting their nails painted, making ginger bread houses, doing each other's make up and going to Crown for their free Christmas activities. They even went to Port Melbourne beach and won cool lollypops at the arcade.

Dreamers Hub

Summary

Our Dreamers Hub is an online community that allows Young Carers to participate in discussions, post content and connect and chat with other Young Carers in a safe and monitored environment.

What's next?

- **Co-design and feedback leading to Dreamers Hub 2.0**
- **Partnerships with organisations and experts**
- **Regular forums and video content**
- **Educational content**
- **Incentives for Young Carers**

Successfully launched the Dreamers Hub

Weekly content updated on the hub

Impact measurement framework embedded in the platform

75 active users on the platform

"I love having a safe place to come whenever I want." - Emily

VICTORIA State Government | Health and Human Services

The Young Carer Project

Our in-school education program

Our in-school education program, The Young Carer Project, creates a whole-of-school approach to supporting Young Carers through awareness, support, resources, workshops and professional development.

This project delivers interactive and practical workshops for Young Carers, students, teachers and parents. The workshops and activities aim to raise awareness and promote positive behaviours towards Young Carers in schools.

Young Carers, their parents and the broader community were integral to the development of The Young Carer Project. The thoughts of our key stakeholders have also significantly shaped the direction and focus this project.

The Young Carer Project kicked off at Brighton Secondary College in Term 2, 2019 with another eight schools signed up and ready to go. Together with our amazing new facilitators, we can't wait to see how far this education program can go.

THIS PROJECT IS GOVERNMENT FUNDED AND WILL BE EVALUATED.

9 schools signed up to the program with 6 in metro Melbourne and 3 in Ballarat

4 facilitators engaged in the delivery of the program

Training modules designed to work towards making schools Young Carer accredited

More Young Carer **awareness** in schools accross Victoria

Program development with our Young Carers, parents and the broader community

Referrals from schools to our programs leading to more families coming to us for extra support

Other support provided

While we offer 6 main programs, we know that sometimes other support is required by a Young Carer or their family to improve their quality of life. Sometimes this might include speaking at their school to break down stigma and reduce bullying, working alongside their school team to find alternate pathways, or providing holistic case management and referrals to other services.

We know that no two Young Carers will have the same story and the same experiences. This support is very much delivered on an ad hoc and individualised basis.

The development of partnerships with schools, both primary and secondary, has been key to the growth of Little Dreamers in the past 12 months. Strong school relationships support the professional development and capabilities of teachers and wellbeing team members to identify and provide support for Young Carers within their classrooms.

The team has also delivered volunteering days at various schools around Melbourne to educate and raise awareness about the challenges often facing Young Carers whilst also highlighting the amazing skills Young Carers develop from their caring roles.

Volunteering

Summary

We accept volunteers from all stages and walks of life to provide support and extra assistance across our six support programs. This year, we engaged 25 new volunteers in addition to our current volunteer base to assist with our Big Dreamers Program as team leaders, provide mentoring and help out at events and Holiday Programs.

Thanks to all the Little Dreamers volunteers, past and present, for being such an important part of what we do!

"I have loved being apart of and working with the Little Dreamers charity. I have had the opportunity to meet amazing people and be apart of a great community, that is the Little Dreamers. It is an incredible experience and organisation, made up of inspirational people and is built on the best of morals and intentions. I really hope to continue volunteering with this organisation, whilst meeting new people and forming new relationships with the amazing community of people." **Molly**

"I have found inspiration from having had the opportunity to meet Will. Thanks for letting me be apart of your inspiring world." **Alan**

"I have loved working with the Little Dreamers organisation over the past couple months. Not only is it an incredible experience but I have also had the chance to meet some of the most amazing and inspirational people. I have the best time at all the spectacular events that Little Dreamers has to offer to everyone. I hope to continue volunteering with this organisation and continue to meet and create relationships with some of the best people!" **Mary**

Formalised our volunteer roles and position descriptions

1 employed Operations and Volunteer manager

2 volunteer inductions

25 new volunteers recruited

75 volunteers Australia-wide in our database

1 National Volunteer Week celebrated

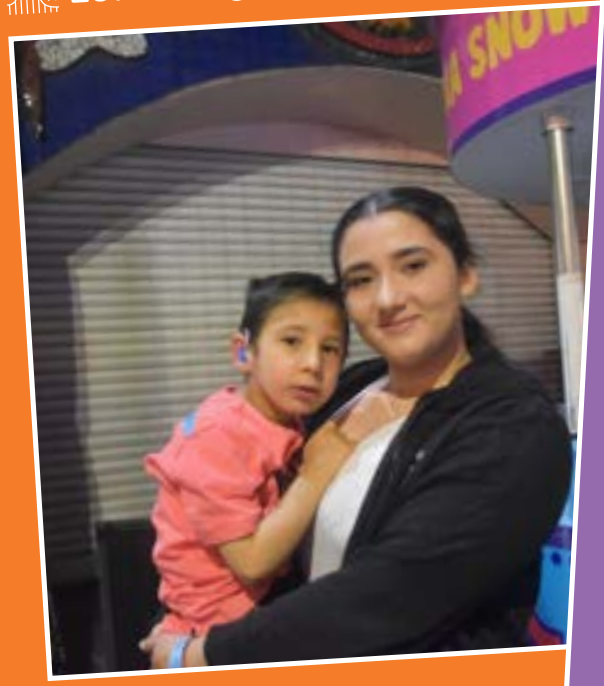
Launched our new Volunteer Facebook group

“When I started at Little Dreamers, it was just Maddy and myself. Fast forward a year, and I can’t believe where we are. I honestly feel so privileged to be part of this organisation and to have played a part in its growth.”

Nat Court, Head of Programs

Our events

2018 Young Carer Festival



19 October 2018 | Luna Park Melbourne

280 Young Carers & families in attendance

Partnered with Merri Health

2018 Gala

20 October 2018 | Sofitel on Collins

150 attendees

$30,000 raised

2019 Big Dreamers Graduation

10 February 2019 | The Corner Hotel, Richmond

10 Big Dreamer Graduates

Partnered with Gandel Philanthropy

Our events

2019 Source Kids Disability Expo

30-31 March 2019 | MCEC

3,000 attendees

30+ new leads and partners

2019 'Adulting' For Young Carers

6 April 2019 | One Roof Southbank

60 Young Carers in attendance

Guest speaker: Jake Edwards

2019 Trivia Night

11 May 2019 | St Kilda Town Hall

250 attendees

$19,000 raised

Financials

Full audited accounts are currently being completed by Banks Group due 20th November 2019.

Summary

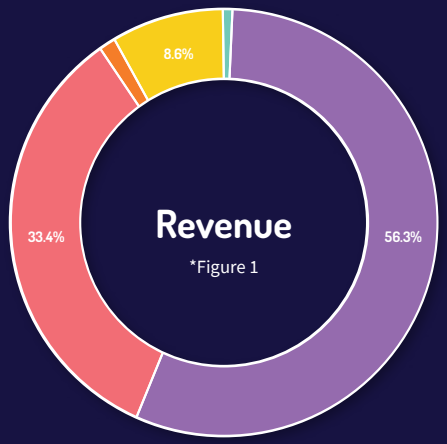
The 2018-19 financial year saw a significant increase in funds to support Young Carers and Program delivery. The financial support was received from a diverse range of sectors and provided to support Little Dreamers Programs and initiatives.

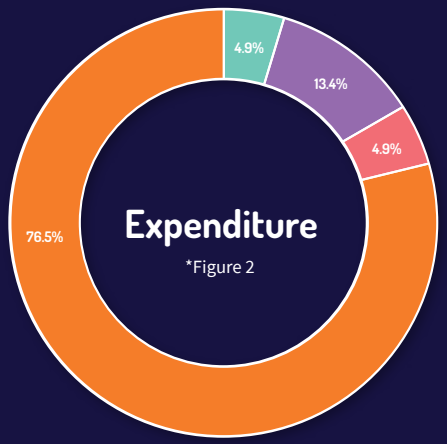
Funds raised and revenue generated supported the expansion of existing programs along with the development and piloting of new Programs to increase awareness and support for Young Carers - including The Big Dreamers Program and The Young Carer Project.

High level Little Dreamers financial success in 2019:

	2019FY	2018FY	Increase
Funds Raised (2019FY)	$1,107,535	$1,009,000	10%
Revenue Recognised (2019FY)*	$761,695	$407,000	87%
Funds Committed (for future periods)	$948,800	$600,000	58%

*Includes $150k received in the previous financial year in relation to 2019FY program delivery.





The 2019FY Revenue and Expenditure breakdown below:

Revenue*Figure 1	2019 ($)	2019 (%)
Government Grants	$428,947	56.3%
Philanthropic Grants	$254,050	33.4%
Corporate Foundations	$10,000	1.3%
Fundraising	$65,738	8.6%
Trading Income	$2,960	0.4%
Total	**$761,695**	

Expenditure*Figure 2	2019 ($)	2019 (%)	2018 (%)
Administration	33,027	4.9%	19%
Capability & Capacity Building	1,985	0.3%	N/A
Fundraising	91,415	13.4%	15%
Operational Expansion	33,103	4.9%	N/A
Programs	520,512	76.5%	66%

The strategy

We believe in a world where every single Young Carer is supported by someone or something by 2030.

We know this is a big goal but we have a pretty good plan to tackle it. It's a two-pronged approach from Little Dreamers over the next 5 years:

- Strong goal and value alignment
- 10 x 10 x 10 growth

Strong goal and value alignment

After co-design with the team and our Young Carers, Little Dreamers has identified three main goals to align ourselves with over the next 5 years:

1. Improved quality of life - education, employment, mental health, socialisation, financial
2. Young Carer identification
3. Awareness - Young Carers, community, other organisations, conferences etc.

We are determined, passionate and committed to ensuring that everything we do aligns with our long term goals. This will lead to growth, sustainability and most importantly, more support for our Young Carers.

10 x 10 x 10 growth

We believe that support for Young Carers is a gap in our healthcare system that never should have existed. In order to to fill this gap, and achieve our long-term goals, we have introduced a 10 x 10 x 10 strategy:

1. 10 countries committed to supporting Young Carers
2. 10 multinational corporates dedicated to championing Young Carers
3. 10 educational institutions with inclusion strategies for Carers

Our plans are big and exciting… so watch this space!

“I dream of meeting Dustin Martin and training with the Richmond Football club.”

Byron picture with Dustin Martin

Evaluation

How we evaluate our programs

Our evaluation methods:

- Pre and post attitudinal surveys completed by all Youngs Carers who have completed a Little Dreamers program to measure changes in opinions, beliefs, confidence and acquisition of skills
- Tracking of numbers of applications for support, actual participants and their demographics; number of stakeholders (ie number of people reached and educated during the program via Salesforce)
- Evaluation of each program and experience through written questionnaires/feedback forms to assess their success and impact for both staff and participants
- Anecdotes recording testimonials of participants and other stakeholders to measure changes in opinions, beliefs and confidence
- Recording of experiences, programs, workshops and retreats through photos and videos to assess participation, interaction and demonstration of skills

“I dream of spending the day with guide dog puppies.”
Harvey’s Dream Experience

Our reach

Who we've been sharing the Little Dreamers message with

Facebook

2,700+ likes

416,570 engaged on social media in 2018/19 financial year

8,409 people engaged on social media and 3,500 reached through talks and events during Carers Week 2018

Instagram

1,600+ followers

Twitter

400+ followers

Fortnightly Newsletter

500+ subscribers

“I dream of seeing my favourite K-Pop band with my friends.”

Lucy’s Dream Experience

What's to come in 19/20...

- **12+** new staff hires
- First **Sydney** fundraiser during Carers Week 2019
- **10th** Anniversary 'Dream Big Gala'
- **New** corporate website
- **Launch** of the Dreamers Hub 2.0
- **1 x** Young Carer Festival 2019
- **New** partnerships
- **National** Care Act proposal
- **Supporting** roll out of Victorian Carer Strategy
- **Expansion** of our Corporate Volunteering program
- **Rollout** as a Carer Gateway Service Provider in QLD and NSW beginning April 2020

“I dream of meeting and training with the Hawthorn Football Club.”

Alex’s Dream Experience

Footnotes

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[3] Carers Australia. (2015). The Economic Value Of Informal Care In Australia In 2015. Retrieved from https://www.carersaustralia.com.au/storage/Access%20Economics%20Report.pdf

[4] Australia Bureau of Statistics, “4436.0 - Caring In The Community, Australia, 2012” (Australia Bureau of Statistics, 2012), http://www.abs. gov.au/ausstats/abs@.nsf/mf/4436.0.

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[7] Diana Warren and Ben Edwards, Young Carers, LSAC Annual Statistical Report 2016 Chapter (Australian Institute of Family Studies, 2017), https://aifs.gov.au/publications/young-carers.

[8] Carers NSW Australia. (2017). Young Carers: Barriers to Accessing Employment. Retrieved from https://www.carersnsw.org.au/Assets/Files/Young%20Carers_Barriers%20to%20Accessing%20Employment.pdf

[9] Moore, T. and McArthur, M. (2007), We’re all in it together: supporting young carers and their families in Australia. Health & Social Care in the Community, 15: 561-568. doi:10.1111/j.1365-2524.2007.00719.x

LITTLE DREAMERS

Thank you!

We hope you will join us on our journey to ensure that every Young Carer has someone to care for them.

If you require any more information, please email:
info@littledreamers.org.au

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