LiTTLE DREAMERS

Our Impact: Interim Report

1 July 2018 - 28 February 2019

For more information please contact:

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LITTLE DREAMERS

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

A letter from our Founder and CEO

This year has marked a significant time for Little Dreamers, not only has it been a great year of change and growth, but 2019 marks our 10th birthday.

Little Dreamers set ambitious targets for both funding and impact this year. We wanted to do more with less. Nothing new, just refining and improving what we had. Co-designing our programs, developing alongside Young Carers and their families, creating more impact for more Young Carers around Australia.

Over the past 8 months the Little Dreamers Dream Big message has reached over 118,000 people, travelled to two different continents, engaged 70 volunteers, and impacted the lives of 2,270 Young Carers.

I know these numbers are just statistics, but I can tell you that this means that hundreds of thousands of people now know more about Young Carers than they would have been, thousands of people receiving care now have more empowered young people in their families, thousands of Young Carers now have an improved quality of life.

I have personally met many of the Young Carers going through our programs and I would like to take this opportunity to thank you for your ongoing support on their behalf.

Remaining focused on the task at hand, differentiating ourselves as an organisation based on culture, programs and impact has been a key focus of ours for this year. We have improved our systems and processes, implemented Salesforce as a database management tool, tightened our operations, hired new staff and enhanced our impact measurement framework. We can now provide better, quicker and more meaningful support to the Young Carers in our communities.

What you are about to read is a report celebrating your contribution to Little Dreamers. We have made some important decisions throughout this year that make your support go so much further.

I am very proud of how far we have come this year, the team we have built and the impact we have had…and there is still four months to go. The future is looking brighter than ever for both Little Dreamers and more widely for Young Carers.

With love and big dreams,

MadeleineBuchner

Madeleine Buchner OAM

Founder and CEO
Little Dreamers Australia

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LITTLE DREAMERS

Little Dreamers Overview

- What we do.

Overview

Founded in 2009, Little Dreamers is a non-profit organisation that improves the quality of life for Young Carers.

To achieve this, we advocate for policy change and run campaigns to raise awareness in Australia and around the world. Our dedicated one-to-one and group support programs reflect our desire for change and commitment to Young Carers.

We are revolutionising the way Young Carers are supported. Little Dreamers is headed up by Young Carers, who have created international best practice programs that are developed from a position of empathy and understanding.

We believe that we are never going to reduce the number of Young Carers around the world but we can increase the support and reduce the negative impacts of being a Young Carer.

We can only do this if we all work together.

In 2018/19, we ran 88 programs across Australia, supporting 2,270 Young Carers through socialisation, respite opportunities, access to supported education and employment opportunities and peer support to improve their quality of life.

HIGHLIGHTS 2018-2019

LITTLE DREAMERS

July

1 July
Moved into our first standalone office in South Melbourne

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

August

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

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

September

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

October

1 October
Smashed records during Carers Week with 8,409 people engaged on social media and 3,500 reached through talks and events.

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

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

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

November

1 November
Launched our NSW election platform in Sydney

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

December

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

2 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.

January

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

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

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

February

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

LITTLE DREAMERS

PARTNERSHIPS

In 2018/19 Little Dreamers has been supported by some wonderful partners to drive our programs and improve life for Young Carers. We have partnered with generous individuals, foundations, corporations and other not-for-profits, to best support Young Carers we work with.

We would like to thank our donors and partners who have backed us over the last 8 months. With your ongoing support, we will continue to engage Young Carers, to build healthier and more connected communities.

Thank you!

A special thank you goes to... Our Partners!

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

CORPORATE PARTNERS

Amaco Travel
Cotton On Group
Crowne Plaza Melbourne
Grill'd
Intercontinental Hotel Group
Kingpin Crown
Medibank
Minter Ellison
Qantas
Summer House
The Age
Westpac

GOVERNMENT

Department of Health and Human Services
Department of Social Services

NON-PROFIT

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

BOARD MEMBERS

Dana Rochwerger (joined October 2018)
Leonie Akhidenor (resigned October 2018)
Mark Goldberg
Michael Thurin
Rebecca Smith
Sheree Rubinstein (resigned July 2018)
Summer Howarth
Trevor Givoni

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LITTLE DREAMERS

Little Dreamers Team

- Meet the team.

Meet the team!

MADELEINE BUCHNER

Founder and CEO

NAT COURT

Head of Programs

Started May 2018

STEPH HAUSLER

Operations Manager

Started September 2018

TASHA FELDMAN

Family Support Coordinator

Started August 2018

CASEY ROSENGARTEN

Program Coordinator

Started December 2017

EMMA WOODWARD

Marketing, Communications and Events Coordinator

Started October 2018

ATTICUS LYON

Head of Schools Program

Started January 2019

NATALIE MARINOPOULOS

Graphic Designer

Started January 2019

BIG DREAMERS PROGRAM

HOLIDAY PROGRAM

MENTORING, TUTORING
AND OTHER SUPPORTS

DREAM EXPERIENCE

THE DREAMERS HUB

LiTTLE DREAMERS

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

BIG DREAMERS PROGRAM

Big Dreamers Program Summary

- A summary of the Big Dreamers Program in 2018-2019.

What we've been up to...

2 Retreats

3 Incredible team leaders

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

10 Young Carers successfully completed the pilot program

10 Business mentor matches in fields of the Young Carers choice

90% Feel they are more confident than they were prior to the program

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BIG DREAMERS PROGRAM

Testimonials

- Quotes from our Big Dreamers.

What our Big Dreamers had to say about the program...

"The program helped me realise that I count as a Young Carer and I'm braver than I thought"

"It was awesome! I would do it 100 times again"

"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."

"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."

"With the help of Maddy and her brilliant team of mentors and behind the stage crew, 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."

"It's life changing"

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BIG DREAMERS PROGRAM

Big Dreamers Business Mentoring

- Profile stories on two of our Big Dreamers and their industry experience.

About Our 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
- Executive

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 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**

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HOLIDAY PROGRAM

Holiday Programs Summary

- A summary of our Holiday Programs in 2018-2019.

What we've been up to...

7 Holiday programs run in July, September and January across Melbourne and Sydney.

200 Young Carers participating

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

100%

100% of respondents said they would recommend our holiday programs

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

100%

100% of respondents said they would send their child back to a Little Dreamers program

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HOLIDAY PROGRAM

Holiday Program Testimonials

- Quotes from our attendees families.

Some testimonials from our holiday programs...

"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."

"Alex enjoyed the opportunity to meet other Young Carers as he is generally shy in situations where he doesn't know anyone. He says he always feels welcome when he attends Little Dreamers' programs."

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

"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."

"My son had an absolute ball!"

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MENTORING, TUTORING AND OTHER SUPPORTS

Mentoring Program Summary

- A summary of our Mentoring Programs in 2018-2019.

What we've been up to...

Huge potential to match more Young Carers now that the process for finding and inducting volunteers has been laid out

Successfully launched a pilot of the Little Dreamers mentoring program

8 Meaningful mentor matches which have changed the lives of Young Carers

Successfully launched our volunteer training and induction program

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

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Mentoring Program Stories

MEET SOME OF OUR INCREDIBLE YOUNG CARERS AND THEIR MENTORS

GRACE, 11, AND CLEE

Grace is the older sister to 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 taken up looking after her brother and helping out her parents. She is very loving but really wanted someone to spend one on one time with and be dedicated just for her.

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. They have no other family in Victoria and just a few friends who support them. Alex attends school full time and gets up at 5am in the morning to get his mum ready and get himself to school. Due to his caring duties Alex doesn't get much time to just be a kid.

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.

JAY, 11, AND CAMERON

Jay cared for his father for a number of years with significant mental health issues until he committed suicide. Jay has struggled emotionally since losing his father and doesn't have a lot of people to spend time with outside of school. He indicated to Little Dreamers that he feels there is a hole in his life and would love someone who could take him bike riding or to the park or something his mother might not always be able to do.

Meet Cameron! Cameron grew up as a Young Carer himself and wanted to provide someone with the connection he wished he had when he was younger. They meet on a fortnightly basis and have been doing activities like bike riding, attending art galleries, playing mini golf and even riding in a Lamborgini. Jay's mother believes that his behaviour at school has improved since having Cameron around and generally his mood has improved.

CHARLOTTE, 12, AND MORGAN

Charlotte is a Young Carer for her father, who currently has two types of cancer. She lives in the commission flats in Port Melbourne with her 3 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.

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DREAM EXPERIENCE

Dream Experience Summary

- A summary of our Dream Experiences in 2018-2019.

What we've been up to...

75 Dream experiences granted

29 Incredible organisations donating their time and services to grant Dream Experiences

5 out of 5 was the average overall experience rating

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

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

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Dream Experience Highlights

SOME OF OUR DREAM EXPERIENCES IN 2018 - 2019

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.

RILEY'S DREAM EXPERIENCE

Riley is 11 years old and is an incredible support to his brother Hayden who has an inoperable brain tumor. Riley's Dream was to be a TV animal presenter (think Steve Irwin or David Attenborough!). Through our program he was able to attend Reptile Encounters where he got a behind the scenes tour of the facilities by owner Josh Cox where over 100 reptiles are stored. He filmed content for his Instagram and hopes one day to have a big following!

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.

ALEX'S DREAM EXPERIENCE

Alex cares for his brother with an undiagnosed disability and for his Dream he participated in a Hawthorn training session, met the players and went into the rooms on game day!

"Having the opportunity to go down to Hawthorns training and meet all the players and coaches was one of the best moments of my life. The feeling of seeing my "heroes" was something I will never forget. To see inside the rooms and all the boys in action against Essendon with my best mates will be something we will talk about until we are all sitting in rocking chairs!" - Alex.

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 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 Crown Plaza and tickets to Carols.

ALANA'S DREAM EXPERIENCE

Alana is 7 years old and spends a lot of my time caring for her brother Matt, who has Autism. She loves her brother very much and spend lots of time helping him communicate to make sure he is happy. Alana loves animals, so we arranged for an exciting day out at Melbourne Zoo.

"I had the most wonderful day! I did not stop smiling from beginning to end and I really enjoyed the animal experiences with both the gorillas and the giraffes!" - Alana.

LiTTLE DREAMERS

WHAT'S STILL TO COME:

- 63 Dream Experiences waiting to be completed
- 23 Young Carers awaiting a mentor match
- 2 more holiday programs across Melbourne and Sydney
- Community Young Carer BBQ in Ballarat
- Our 10th Birthday Trivia Night
- Maddy keynote speaking at the 'It Takes a Village' conference in Oslo, Norway
- 10 new staff members joining the team
- Launch of the Little Dreamers Federal Election platform
- End of Financial Year funding campaign
- Launch of The Young Carer Project, in-school education program

FOREVER
DREAMING

LITTLE DREAMERS

For more information contact:

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