# Young Adult Carer Resilience and Wellbeing Programme

## Criteria for Young Adult Carers Joining the Programme Steering Group

**About the Programme**

[Carers Trust](https://carers.org/) and the Quilter Foundation have come together to create the Young Adult Carer Resilience and Wellbeing Programme. The programme will also fund [The Mix](http://www.themix.org.uk) to create an online resource hub to support young adult carers.

The programme aims to improve the wellbeing of young adult carers through five grants that will focus on reducing stress and anxiety and increasing self-awareness and self-esteem.

* **Carers Funds Grants** will support skills-based development opportunities
* **Explore More! Support Fund** will provide individual small grants to address barriers to accessing employment, education and training
* **Mental Health and Wellbeing Events and Activities Fund** will provide grants for events/activities enabling young adult carers to take a break from their caring role
* **Time to Find Me!** will provide grants for residential/multi day events/activities to provide respite from their caring role
* **Development Grants** will deliver effective intervention models to support young adult carers’ engagement with their life transitions.

**About This Role**

We want young adult carers to be at the centre of this work, and co-produce two of the grants. We are seeking 16 motivated young adult carers to be part of the Steering Group. This will give you the opportunity to make a real difference in the lives of other young adult carers, plus learn some helpful skills along the way. 14 will come via Network Partners and the remaining two will be identified by the Mix.

We want to make sure that as many young adult carers can be involved in the Steering Group as we can. So, we are offering places for an 18-month period, and we will be recruiting more members to join later.

As most young adult carers will have to travel for the meetings, sometimes long distances, we’d like Network Partners to put forward young adult carers in pairs for friendship and support i.e. 2 per Network Partner x7

As a steering group member, you will help us:

* Ensure the programme is relevant to young adult carers and will meet their needs
* Co-produce the grant programmes for **Time to find Me!** and the **Development Grants**
* Support the evaluation of the programme
* Draw on your unique experience as a young adult carer to help build a programme that works

**What Will You Be Doing?**

* Attend 3 – 5 meetings throughout the year (these will likely be held on a Saturday or at times which best suit young adult carers schedules)
* Work within sub-groups on certain projects
* **All travel costs for attending meetings will be covered**

**We are looking for people who**

* Are young adult carers - <https://carers.org/about-us/about-young-adult-carers>
* Are currently receiving support/services from a local Carers Trust Network Partner
* Are between the ages of 18 and 24 years
* Have an interest in mental health and wellbeing
* Ability to take part in group activities
* Ability to contribute to meeting discussions
* Ability to attend 3 – 5 meetings a year
* Are willing to have a Disclosure and Barring System check
* Can get a reference from your local Carers Trust Network Partner
* Willingness to travel to meetings, which may be held across the UK
* Willingness to adhere to ground rules and Terms of Reference

**What you can expect from us**

* Training to ensure you have the skills you need to complete the role
* Regular communication about the programme and progress
* Fair notice on when the meetings will be held,
* Support from staff to complete your role

**Benefits/Skills gained**

* The chance to improve opportunities for young adult carers across the UK.
* Leadership skills
* Team and project work skills
* Communication Skills
* Understanding on how to create change
* Meeting other young adult carers with similar interests

**How to apply**

If you are interested in joining and fit who we are looking for we would love to hear from you. We are also interested in receiving applications from young adult carers from BAME communities, LGBTQI+ communities and rural communities.

Please apply to Kathryn Hill on [khill@carers.org.uk](mailto:khill@carers.org.uk), with the following:

* A short CV
* A statement explaining why you want to join the Steering Group and how you meet the criteria above
* A reference from your local Carers Trust Network Partner

Please keep your CV and statement short. Each should be no more than one page.

**Next Steps**

**Ongoing recruitment until places full**

If you have any questions at all, please email Kathryn Hill on [khill@carers.org](mailto:khill@carers.org)