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I like how Honeypot can give you support when sometimes you need it the most. When my brother was ill with cancer, I felt like he got everything. I felt like I was invisible. But Honeypot gives you this feeling that your brother or sister, or sick sibling, isn't the only person who matters.

It gives you a chance to be free, to stop worrying about things. I worry a lot and a break with Honeypot makes me feel like I belong to something bigger.

I can remember the first day on my first break, I made new friends which I love making, and made new memories and I felt welcome there. Like I truly belong there.



Holly (10) was 4 years old when her brother was diagnosed with Leukaemia, and she does what she can to support him and her parents. Holly has been on two respite breaks with us, and regularly attends our online workshops.



Contact us

We would love to hear from you. To find out more about our services, or how to refer a child, contact: families@honeypot.org.uk

For general enquires: info@honeypot.org.uk

Where to find us:

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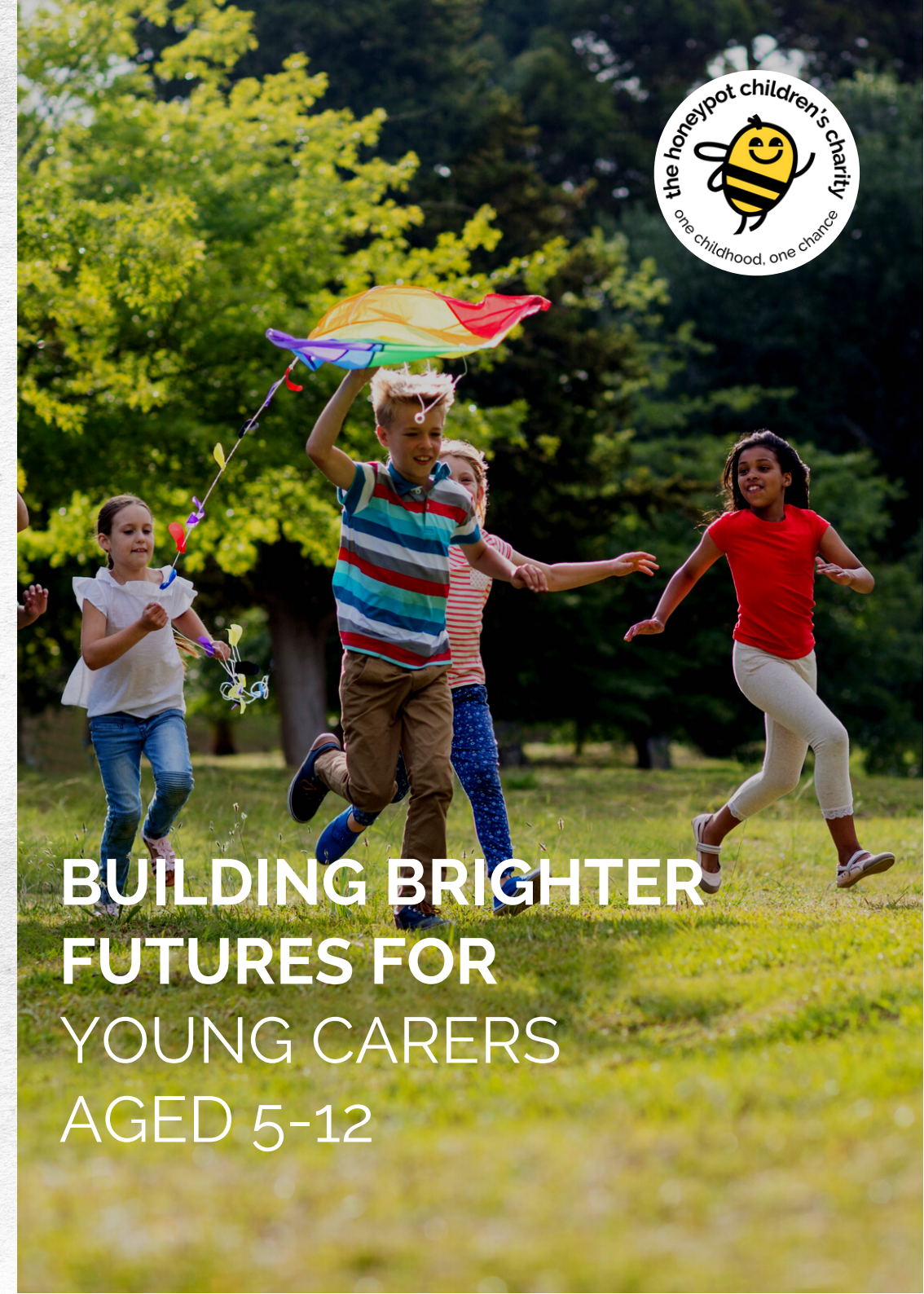
Charity No: 1184132



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**BUILDING BRIGHTER
FUTURES FOR
YOUNG CARERS
AGED 5-12**



The Honeypot Children's charity supports young carers aged 5-12 who are bearing the heavy load of caring for a parent or sibling, often single-handedly.

There are approximately 800,000 young carers in the UK. Some of these children look after a loved one for over 30 hours a week, sometimes from as young as five years old. The childhood of these children is very different to the childhood of other children their age. But their future chances should be the same.

Through an early-intervention Wrap-Round service, including Respite Breaks and a complementary support programme, we give young carers a break from their taxing responsibilities at home. We help them make happy childhood memories and build their belief that they can succeed in education and beyond. All our services are designed to:

- reduce stress and anxiety
- assist with social and emotional aspects of learning
- alleviate social isolation and loneliness
- stimulate imagination and creativity
- improve wellbeing, including by providing access to life essential items



Building brighter futures for young carers.

800,000

young carers in the UK

1 in 3

struggle with mental health issues

9 GCSE

grades below average compared to peers

2,500

support places we offer to young carers across the UK every year

"I find school difficult as I can't concentrate. But at my Honeypot Learning Break, I could relax and everyone was so nice to me."

Aiyden, 10

How you can get involved

The Honeypot Children's Charity is completely independent from government funding. As a charity, we rely entirely on generous donations from individuals, community groups, corporate partners, trusts and foundations to continue our life-changing work for young carers. We are always looking for new supporters and volunteers, and are excited to help you bring to life any fundraising idea you may have.

Here are a few ways to get involved. You can find more opportunities on our website.

- Support us or partner with us as a **school**
- Fundraise for us as a **community group**
- Become one of our **corporate partners**
- Support us as a **trust or foundation**
- Become a **patron** of our charity
- Dedicate your time or skills as a **volunteer**
- **Donate online** or become one of our important monthly givers

To find out more or speak to someone from our team directly, email fundraising@honeypot.org.uk

To make a donation, please visit www.honeypot.org.uk/donate

"Having that space and the opportunity to go outdoors whenever they want, this safe and nurturing environment, that alone is an amazing experience for them. Just being able to be carefree for a little while, because many of the children we refer are not. From a very young age, they have the world on their shoulders."

Sally Bradbeer, Referral Lead at Thornhill Primary School, Southampton



£10

could pay for birthday cards for five young carers

£50

could fund a memorable day out for one young carer

£425

could fund a 3 day respite break for one young carer

