



# The Honey Pot Children's Charity Impact Report 2025-26

## About our work

### Creating happy memories and building brighter futures

The Honeypot Children's Charity provides tailored support for young carers and children aged 5-12 facing difficult circumstances, including caring responsibilities, loss, instability or other significant challenges.

The children we support benefit from time away from daily responsibilities and stress, giving them the opportunity to relax, build friendships and simply be children.

Rather than a single intervention, children benefit from a consistent package of support that may include:

- ▶ Respite Breaks
- ▶ Health & Wellbeing Breaks
- ▶ Memory Making Days
- ▶ Wellbeing Grants
- ▶ Pastoral support

This ongoing connection helps reinforce progress, strengthen resilience and ensure children feel valued and supported throughout the year and beyond.

Our three residential houses are each located in a peaceful rural setting, with stunning countryside views and plenty of open green space to run, play and explore.

- ▶ Honeypot Hampshire in The New Forest serves London, the South and South East
- ▶ Honeypot Pen y Bryn in Powys serves Wales, the Midlands and North West
- ▶ Honeypot Dalleagles in East Ayrshire serves Scotland and the Borders

Honeypot is the only UK charity providing this consistent, tailored level of ongoing wraparound support specifically for young carers and other children aged 5-12.

We celebrated our 30th birthday in 2026, marking key milestone achievements that have developed our services to currently support over 3,000 children each year.



## The children we support

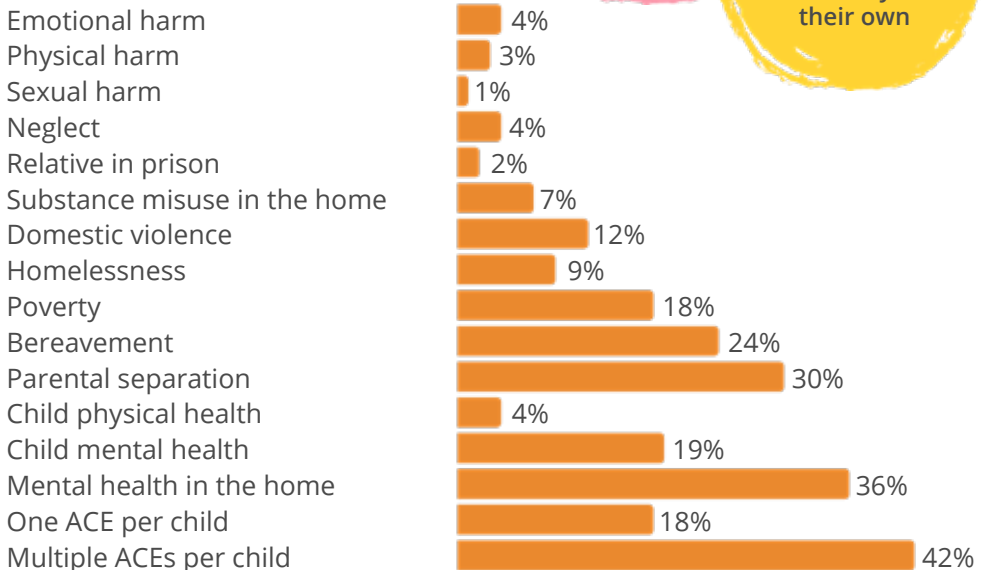
### Understanding Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) refer to potentially stressful or challenging experiences during childhood that can impact a child's development, wellbeing, and ability to engage in learning and relationships.

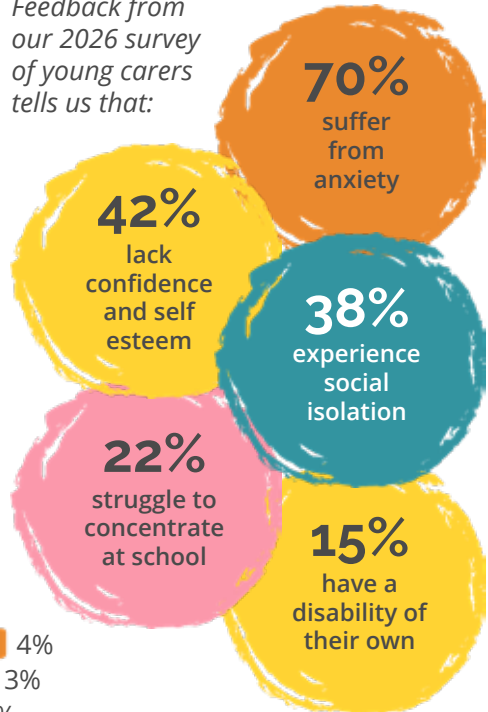
These can include experiences such as family instability, bereavement, exposure to conflict, or mental health difficulties within the home.

Children experiencing ACEs may be more likely to face challenges relating to emotional regulation, confidence, and social interaction, particularly where early support is limited.

*In 2025-26 the children we supported indicated the following ACEs:*



*Feedback from our 2026 survey of young carers tells us that:*



## Post-break improvements

### Respite Breaks

The value of our work lies in its impact on wellbeing and self-esteem. An integral part of our evaluation is asking children to complete a simple survey before they go home. This is a key element of measuring our impact and understanding the opportunities young carers see as most precious during their breaks and using that knowledge to shape our services.

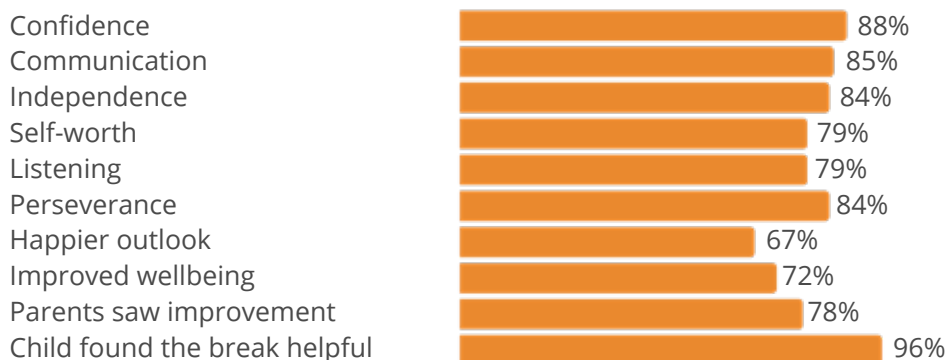


### Health & Wellbeing Breaks

Delivered in partnership with schools, we liaise with teachers before each Health & Wellbeing Break to understand individual needs, challenges and goals for each child. Following the break, we review progress together, helping to reinforce positive outcomes back in the school environment.

Our impact measurement is grounded in direct feedback from children, gathered through a structured post-break survey. This enables us to understand changes in wellbeing, confidence and personal development from the child's perspective.

These findings represent aggregated self-reported outcomes and provide a strong indicator of the effectiveness of our breaks in improving emotional wellbeing and building resilience.



## Elsie's story



Elsie, aged 7, is a young carer who plays a vital role in supporting her mum, Becky, who lives with functional neurological disorder, fibromyalgia, and chronic migraines.

Becky's right leg sometimes stops working without warning, causing her to fall and need help getting up. Elsie supports her mum through episodes of reactive hypoglycemia, bringing a sugary drink, helping her to the sofa or bed, and offering comfort.

After brother Leo was born, Becky suffered from severe post-natal depression. Elsie helped her mum through it, lifting her spirits and helping to make bottles for the baby.

Now, her daily routine is full of other tasks: making breakfast for herself and Leo, tidying up after school, and helping Leo to shower and go to bed. Elsie is proud to help her family but finds it frustrating at times.

Elsie was referred to Honeypot by her school's pastoral care team – a turning point that opened the door to new experiences and support.

She's now been on two Respite Breaks at Honeypot Hampshire, where she quickly found joy in the freedom, fun, and friendship.

Elsie received full support for her vegan diet and dairy allergy. Staff made sure every meal was safe, delicious, and tailored just for her, which made a big impact on her Honeypot experience.

Even when she's at home, Elsie stays connected with Honeypot through birthday cards and Christmas packs, small gestures that remind her she's seen and supported.

Elsie's story is a powerful reminder of the daily challenges young carers face, and how important it is to give them space to grow, dream, and just be children.





*Summer struggled to make friends and interact with her peers. Since the break we have seen such an improvement and really seen her turn into a confident young lady.*

**Teacher  
Health & Wellbeing  
Break**

*If I was to give a favourite memory, I would say EVERYTHING!*

**Blake, aged 11  
Respite Break**



*I like playing with the new people. It's nice because they're young carers too, so they understand.*

**Lilly-Rose, aged 10  
Respite Break**

*Since returning from the break, Gemma is more confident and willing to talk to people. She is also more excited about starting secondary school next year.*

**Parent  
Health & Wellbeing  
Break**

*It will be easier to look after mum, now I've had a fun break. Honeypot helps me be myself, because I don't normally get to be myself.*

**Jack, aged 11  
Respite Break**

## Total numbers for 2025-26



153 Respite Breaks  
for 1,770 children  
up 8%



27 Health & Wellbeing  
Breaks for 312 children  
up 25%



Mood before and after  
Positive 68% vs 92%  
Negative 33% vs 8%



6,549 service  
hours delivered  
up 9%



**11,247**  
**interventions**  
**up 4%**



14,044 healthy  
meals served  
up 10%



8,357 activity packs  
and birthday cards  
up 5%



25 Memory Making  
Days for 299 children  
down 31%

55,539 miles  
transporting  
children to  
and from  
Honeypot...



...that's the same  
as travelling  
more than twice  
around the  
world!



## England Honeypot Hampshire



63 Respite Breaks  
for 724 children  
up 2%



9 Health & Wellbeing  
Breaks for 103 children  
up 40%



Mood before and after  
Positive 67% vs 92%  
Negative 34% vs 8%



2,585 service  
hours delivered  
up 7%



20,624 miles  
transporting children  
to and from Honeypot



6,039 healthy  
meals served  
up 5%





## Wales Honeypot Pen y Bryn



60 Respite Breaks  
for 714 children  
up 7%



17 Health & Wellbeing  
Breaks for 198 children  
up 13%



Mood before and after  
Positive 69% vs 92%  
Negative 32% vs 8%



2,863 service  
hours delivered  
up 4%



24,715 miles  
transporting children  
to and from Honeypot



5,897 healthy  
meals served  
up 8%





## Scotland Honeypot Dalleagles



30 Respite Breaks  
for 332 children  
up 24%



1 Health & Wellbeing  
Break for 11 children  
(first time)



Mood before and after  
Positive 67% vs 93%  
Negative 34% vs 8%



1,101 service  
hours delivered  
up 32%



10,200 miles  
transporting children  
to and from Honeypot



2,108 healthy  
meals served  
up 30%



## Contact us

We would love to hear from you.  
To find out more about our services,  
or how to refer a child, contact:  
[info@honeypot.org.uk](mailto:info@honeypot.org.uk)

## Where to find us

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### Honeypot Hampshire

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### Honeypot Pen y Bryn

Dolfor  
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Powys  
SY16 4AH

Tel: 01686 622773

### Honeypot Dallegles

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[www.honeypot.org.uk](http://www.honeypot.org.uk)

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