



Celebrating 30 years

The Honey Pot Children's Charity



Contents:

Pg 4-5	A message from our Chair
Pg 6-7	30 years of Honeypot - our impact
Pg 8-9	Our journey
Pg 10-11	Jack's story - from young carer to Honeypot alumni
Pg 12-13	A Trustee's perspective
Pg 14-15	Girdlers' Company - sharing the journey
Pg 16-17	Jaiden's story - confidence that lasts a lifetime
Pg 18-19	Looking forward - our CEO
Pg 20-21	What's your 30? - join the celebration



A message from our Chair

As The Honeypot Children's Charity marks its 30th anniversary, I feel immense pride in all that we have achieved - and deep gratitude to everyone who has made this journey possible.

When Lisa Stratton founded Honeypot in 1992, her vision was simple but powerful: to give disadvantaged children the chance to enjoy a real holiday and experience the joy of being carefree. The purchase of our first home in the New Forest in 1996, and the launch of The Honeypot Children's Charity, turned that vision into reality and began a tradition that has since expanded to include homes in mid-Wales and South-West Scotland.

Since then, thousands of children have passed through our doors, each welcomed into a safe, nurturing space where they could play, rest, and simply be children.



Honeypot House



Pen y Bryn House



Dalleagles House



In the early 2000s, Honeypot began focusing on a group whose needs were too often overlooked - young carers. These extraordinary children shoulder responsibilities well beyond their years, often at great personal cost. Today, we are proud to be the leading charity dedicated to their welfare, supporting more than 3,000 young carers each year through respite breaks, wellbeing support, and outreach programmes that build confidence and connection.

Reaching this milestone is a moment to celebrate, but also to look ahead. The need for Honeypot's support is growing every year, and sustainable funding will be vital if we are to reach more children, open new homes, and continue offering life-changing breaks to those who need them most.

As we look to the next 30 years, I warmly invite you - our supporters, partners and friends - to stay with us on this journey. Together, we can ensure that every young carer has the chance not only to cope, but to thrive.

A handwritten signature in black ink, appearing to read 'Laurie Oppenheim', with a stylized flourish at the end.

Laurie Oppenheim - Chair of Trustees

30 years of impact



86,170

Total interventions



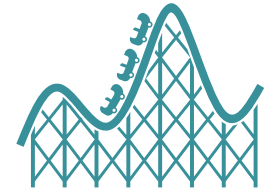
17,057

Children attended
respite breaks



1,333

Children attended
SEAL learning breaks



8,122

Children attended
our outreach
programme



30 years of impact



45,000

Home Deliveries =
birthday cards &
Christmas gifts



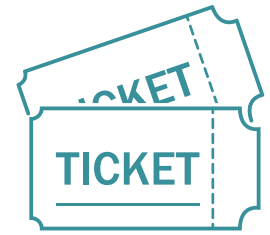
598

Wellbeing Grants =
£138,704



792

Food Vouchers =
£79,200

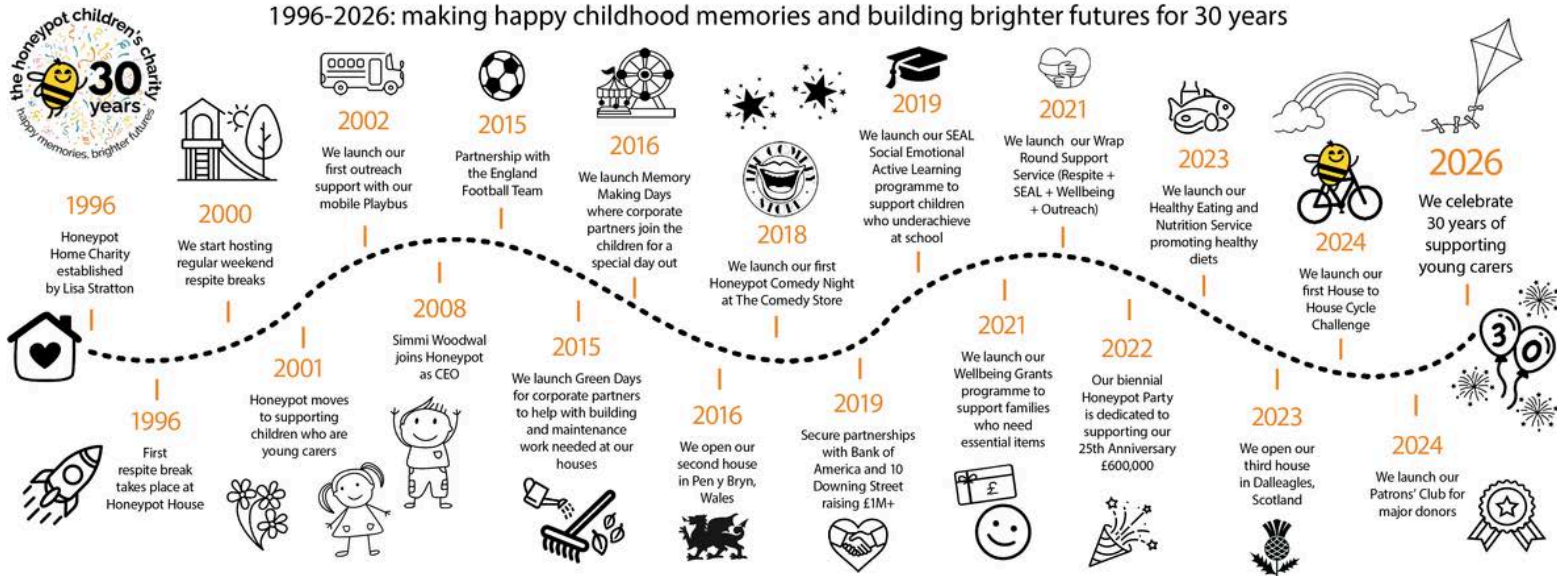


292

Leisure Vouchers =
£28,750

Our journey

1996-2026: making happy childhood memories and building brighter futures for 30 years





30 years of caring - a Trustee's perspective

When I was around seven or eight, my mum was diagnosed with a rare form of motor neurone disease (MND). Because her condition progressed slowly, caring for her became part of our family life over many years. At first, that meant helping with chores around the house, but as I got older – around 14 – I began providing more personal care until I left for university. My dad and brother continued to care for her at home after that.

Looking back, we were incredibly fortunate. We had a strong family unit that allowed us to share the responsibilities. My dad did the most, my brother and I helped on the days he worked further from home, and my gran came once a week to batch cook meals. My dad's work also meant we could occasionally afford some private care support, especially when Mum became unable to move at all.





That respite was rare but precious. I know many young carers don't have that support network, and that's why I'm so passionate about Honeypot. I know first-hand how powerful even a small break can be for a young carer.

Since becoming a Trustee a year ago, I've been deeply inspired by the children's stories - their strength, their honesty, and how much Honeypot's support means to them. The number of children we're helping is growing all the time, and that's something I'm really proud of.

Reaching 30 years is a remarkable milestone. Honeypot has not only survived global recessions and pandemics but thrived thanks to its dedicated team, volunteers, trustees, and supporters.

Looking ahead, I want us to continue building stable, long-term funding and to bring the voices of young carers even more to the forefront - because ultimately, they are the reason we're here.

Alex Kenny, Honeypot Trustee

Jack's story - from young carer to Honeypot alumni

As we celebrate 30 years of The Honeypot Children's Charity, we're proud to look back at the difference Honeypot has made in the lives of thousands of young carers – like Jack.

Now 32, Jack lives just ten minutes from Honeypot House with his partner, children, and his dad, who he still cares for today. His journey with Honeypot began over 27 years ago, when at just five years old he became a young carer after his mother left the family. Jack helped care for his baby brother, while his father struggled with depression, and the challenges of raising three children alone.

Referred by social services, Jack visited Honeypot House for the first time at age six - he said: *"I can remember being allowed to just be."* For the next six years he returned regularly, enjoying holidays filled with bikes, go-karts, football, and adventures at Moors Valley Country Park.

"We went to Moors Valley Country Park one year ... that's somewhere I still go to now with the kids – it's just great memories."





Those Honeypot visits left a lasting mark.

"The investment you put into children between the ages of five and twelve manifests with untold magnitude as they grow up. Honeypot gave me the building blocks – the confidence and social skills – to make friends, to have conversations, to thrive."

Now a father himself, Jack says the empathy he discovered at Honeypot has shaped the way he parents his own children. His connection has come full circle: his company have supported Honeypot with a donation, and Jack is now an active member of our Honeypot Alumni network, helping to raise awareness for the next generation of young carers.

"There's no better way to spend money on a young person than what's being done at Honeypot."

Jack's story is a reminder of the difference 30 years of care, support, and kindness can make – and the brighter futures still to come.



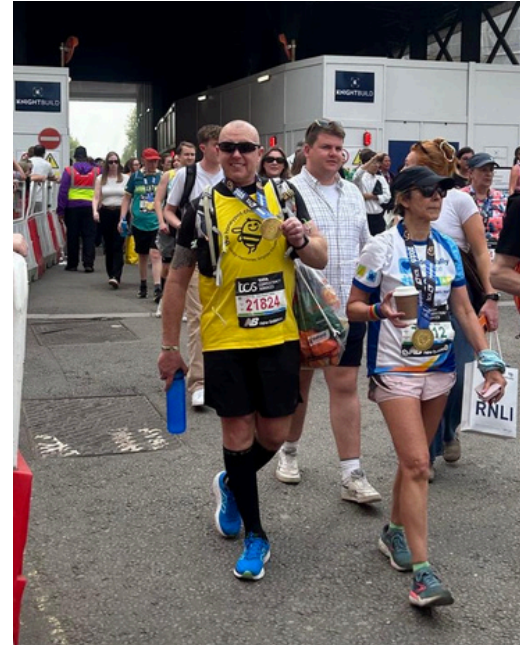
Girdlers' Company - Sharing the journey

Congratulations and Happy 30th Birthday to Honeypot.

Honeypot does wonderful work finding and supporting young carers, and we have been on the journey with Honeypot as it has grown and developed into the charity it is today. The Girdlers' Company have been delighted to support Honeypot from day one.

Honeypot not only "cares for carers", but as these carers are children, this makes it even more important.

Honeypot's original founder was Lisa Stratton, whose brother James is in the Girdlers' Company. James brought Honeypot to our attention at its inception and we were delighted to support the charity, which became one of our handful of Principal Charities in 2002.



Honeypot has since then received an annual donation from the Girdlers' Company, but in addition there have been one-off donations for Honeypot House in Hampshire for anything from repairing roofs, replacing double glazing, Health and Safety alterations to the Playbus and even a donation to cover school fees for a young man who cares for both his parents, which even led to a closer relationship with his school. Robert Parry from the Girdlers' Company amazingly ran the 2025 London Marathon and out of many charities we support, chose to do this in aid of Honeypot.

The Girdlers' Company founded in 1449 is one of the original trading guilds monitoring trade in the City of London. Our trade was the trade in sword belts, which aren't needed much today as people don't tend to carry swords very much! We did provide the Stole Royal and the Sword of State's belt for King Charles III's Coronation, as we have done for recent British Monarchs during their coronations, and we delighted to be mentioned by name in the BBC commentary. Today the Girdlers' Company has about 100 members, called Liverymen, who manage the Company's Hall in London and its assets that generate money for charities.

We are extremely proud to have supported Honeypot for the past 30 years. Thank you so much for letting us be part of Honeypot's tremendous work and Happy 30th Birthday!!!

Robert Westall, Senior Liveryman
Girdlers' Company



Jaiden's story – confidence that lasts a lifetime

When Jaiden was just eight, he became a young carer for his mum, who lives with lupus. *"I had to get her medication and make sure she was okay at night,"* he recalls. As his mum's condition worsened, Jaiden's responsibilities grew - cooking meals, helping her move around, and keeping her company when she was unwell.

At eight years old, Jaiden was referred to Honeypot through his local young carers hub. *"I was nervous before coming,"* he admits. *"But when I got there, I realised the other kids were just like me. I didn't feel judged."*

At Honeypot, Jaiden discovered simple joys many children take for granted - learning to ride a bike, playing sports, and laughing freely outdoors.

"It was peaceful. Growing up in London, there was always noise. At Honeypot, it was just joy."





That joy led to confidence. *"When I first came to Honeypot, I was almost mute,"* he says. *"By my fourth respite break, I had so much confidence that I ended up becoming Head Boy in primary school."*

Now 19 and studying Drama and Theatre at the University of Bath, Jaiden continues to care for his mum and to mentor other young carers.

"Honeypot taught me resilience and the power of showing up, It made me want to help others the way Honeypot helped me."

As Honeypot marks 30 years of caring, stories like Jaiden's remind us that the support offered in childhood can shape a lifetime - inspiring confidence, kindness and a future full of promise.

Building a brighter future together

As we celebrate 30 years of The Honeypot Children's Charity, my first words must be of thanks. This journey has only been possible because of the incredible community around us.

To our funding partners – government funders, corporates, trusts and foundations, and individuals – your generosity has sustained us through the years. To our referring partners – schools, health professionals, and community organisations – thank you for connecting us to the children who need us most. And to the families, and most especially the young carers themselves, who have welcomed Honeypot into their lives: we are honoured to walk alongside you.

I also want to recognise the extraordinary dedication of our staff and volunteers, past and present. Their energy and compassion have created safe spaces where children can laugh, play, and simply enjoy being young. I think of one young carer who recently told us, *"Here, I feel like a child again."* It is moments like this that remind us why Honeypot exists – and why we must continue to grow.



Simmi Woodwal, CEO



Looking forward, we are ambitious. We plan to open additional Honeypot houses so more children can experience the joy of a break away, and to see our Scottish home running at full capacity.

We are excited to extend our SEAL (Social, Educational, Active Learning) programme to Scotland, helping young carers to build confidence, resilience and belief in their ability to succeed in education. And through our Nutrition work, we will continue to empower children with the skills and knowledge to make healthier choices for themselves and their families.

With your continued partnership, we can ensure that thousands more young carers are given the opportunity not just to cope with the challenges they face, but to flourish.

A handwritten signature in black ink, appearing to read 'Simmi Woodwal'.

Simmi Woodwal, CEO

What's your 30? Join the celebration



This year, as The Honey Pot Children's Charity celebrates 30 years of supporting young carers, we're inviting everyone to get involved in our special birthday campaign: **What's Your 30?**

The idea is simple – in celebration of our 30th birthday, we're asking our supporters to give a little time, creativity, or energy to help make a big difference. It could be 30 minutes, 30 hours, or a challenge lasting 30 days – the choice is yours.

Whether you want to fundraise, volunteer, or simply share a moment of joy, every contribution helps us continue to support thousands of young carers across the UK.

There are many ways to take part. You could host a coffee morning, run a mini-marathon, bake, or create your own challenge. Maybe you'll spend 30 minutes sharing a skill with a young person, or simply spread positivity online by sharing your "30 minutes of joy" ideas to inspire others. Your creativity is the only limit.

All activities – big or small – will help us reach our goal of providing life-changing experiences for young carers, from residential breaks to educational and wellbeing programmes. By taking part, you're not just celebrating our 30th year; you're shaping the future for children who give so much of themselves every day.

Join us in marking three decades of care, fun, and support – and let's see what 30 can mean to you. Share your story, raise a smile, or fundraise for a young carer – together, we can make this milestone unforgettable.



Contact us

w: www.honeypot.org.uk

e: info@honeypot.org.uk

t: 020 7602 2631

Where to find us

The Honey Pot Children's Charity Head Office
Spaces
12 Hammersmith Grove
London
W6 7AP

Registered charity in England and Wales
1184132 Scotland SC052213

Follow us on



Registered with
**FUNDRAISING
REGULATOR**

A Network Partner of
**CARERS
TRUST**



Visit our campaign page