**Aspirations Fund**

**Support fund for young carers/young adult carers (with priority being given to those aged 16-25)**

**Guidance notes**

This grant programme is made possible thanks to funding from Carers Trust. The funding has been provided by Carers Trust to Caring Together to enable us to support young carers/young adult carers (with priority being given to those aged 16-25) across Cambridgeshire, Peterborough and Norfolk with the aim of increasing their access to employment, education & training opportunities and/or helping them to better manage their mental health and reduce stress and anxiety.

We have got a limited amount of money and so will try to support as many young carers/young adult carers as possible. Decisions will be made by a panel of Caring Together staff and Young Adult Carers based on what will make the most difference given the money available. All applications will be assessed alongside each other.

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| **Key information** |
| Young carers/young adult carers from Cambridgeshire, Peterborough and Norfolk can apply for grants of up to £100 if they need funds to **increase their** **access to employment, education or training opportunities and/or better manage their mental health and wellbeing.**  Examples of eligible items and activities include, but are not limited to:   * Workshops and skills-based sessions relating to education, employment and training e.g. CV writing, IT skills, University and college visits. * Sessions relating to mental and physical wellbeing and resilience e.g. Mindfulness, yoga, cookery and healthy eating, gym sessions. * One off small grants for items or activities relating to the outcome(s) e.g. an outfit for an interview, transport to a University open day, a tablet to make it easier to apply for jobs, a short course of counselling sessions.   **What will the Fund NOT cover?**  It is helpful to be clear about what this fund will not support from the outset:   * Costs relating to activities/individual grants for carers outside of the specified age range. * Retrospective applications – activities which have taken place or items which have been purchased before 2 March 2020 will not be considered. * Activities due to take place after 7 September 2020 (there may be flexibility on this given the current Covid-19 situation, so please do get in touch if this would be a relevant issue in relation to an application. |
| **How to apply** |
| * You will need to complete an application form and email it to [hello@caringtogether.org](mailto:hello@caringtogether.org) * There will be one round closing on Thursday 23rd April 2020 at 12pm. * It will help if you can provide quotes or links where possible to show the costs (although it is not essential as, if successful, you will be required to submit receipts to show the money was used for the purpose awarded) |
| **When will you hear back?** |
| When you apply, we will reply to confirm receipt of your application and give an indication of when you will hear back. We hope to communicate decisions as soon as possible and will be looking to do this during week commencing 4th May. |
| **What happens if you are successful?** |
| * If you are successful, we will contact you requesting some key information (which includes bank information as well as demographic information which we require for our funders). Payment will only be made once this information has been returned. * Payments will be made by BACS – this will be to the young carer/young adult carer or their parent, unless it makes more sense to pay directly to an organisation (e.g. if it is paying for tuition costs). Payments need to go through our accounts department. * Once you have purchased what the grant was awarded for, you will need to provide a receipt. Failure to provide a receipt or satisfactory proof of purchase may result in Caring Together seeking to reclaim the money awarded. * We would also appreciate, although this is not mandatory, a short summary of how the grant has helped you so we can feedback and thank the funders. This also helps us to secure future funding pots. |
| **Any questions?** |
| If you have any questions about this grant, or wish to check about the status of your application, please contact Jill Nooij – [jill.nooij@caringtogether.org](mailto:jill.nooij@caringtogether.org) |