



Little
Dreamers

IMPACT REPORT

2009-2016

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A MESSAGE FROM OUR FOUNDER:

MADELEINE BUCHNER

I'm going to start this off with just a big WOW! Little Dreamers has gone from strength to strength over the last 7 years but particularly in the last 1.5 years. This unprecedented growth is largely credited to our dedicated volunteers, board and mentors and for that I would like to extend a massive THANKYOU!

Supporting Young Carers around Australia has not been an easy feat. It is a cause that many don't understand and that few know of unless they have had a personal experience with the situation. There are over 2.7 million carers in Australia and over 490,000 of these are people under 25 years old. These carers are saving the Australian Government over \$2billion every year, yet the support for Young Carer is minimal at best.

While many people, including myself until recently, never think of themselves as carers, living in a family with someone with a health concern still impacts you whether you like it or not. Growing up as a young person whose anxiety was born out of never knowing whether her brother or mum were going to be ok, helping to care for someone in your family is something that needs more recognition and support.

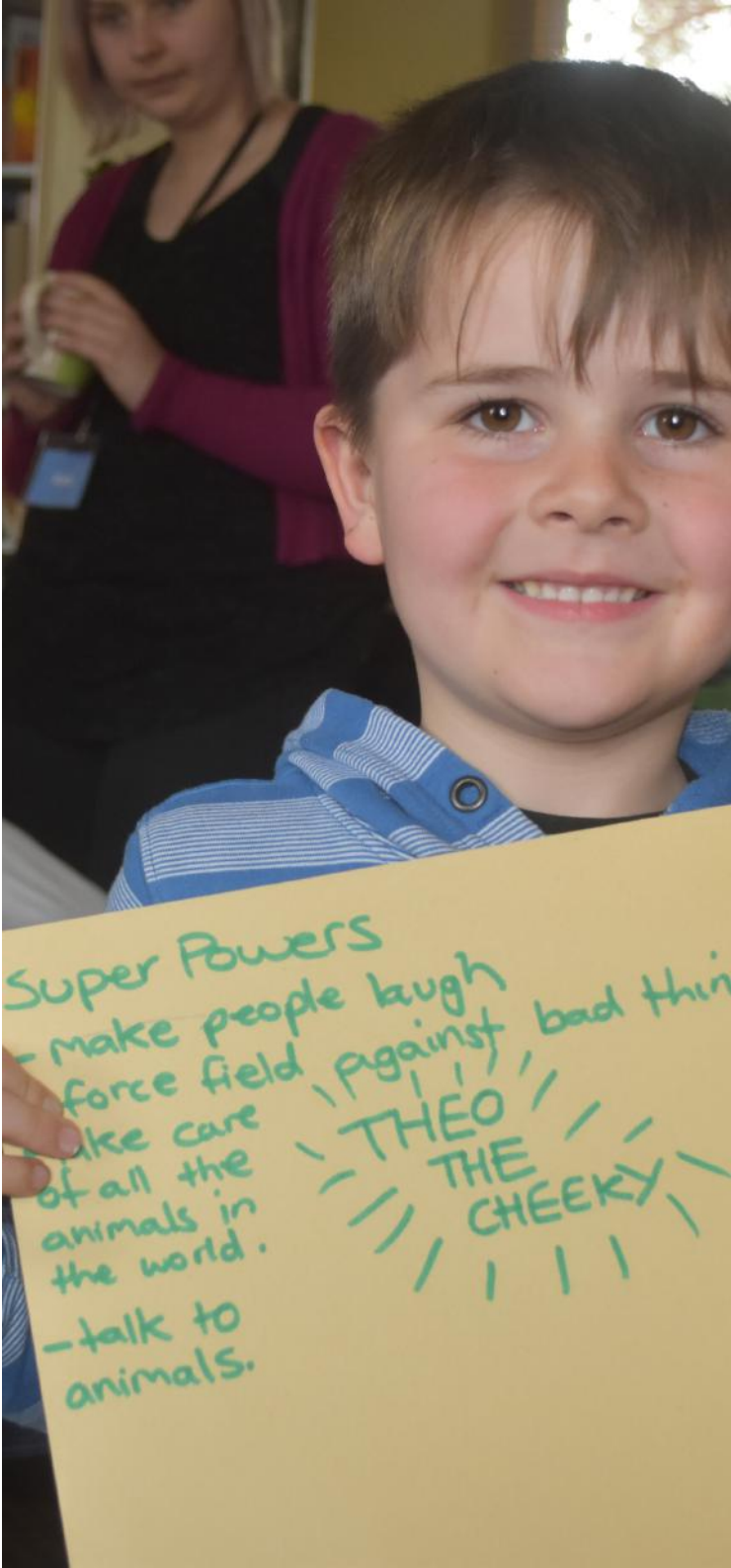
In 2016 Little Dreamers went from just working with "Young Carers" to working with "Young Carers and Special Siblings". These Special Siblings are

people who grow up in a family where someone has a health concern but they don't call themselves a carer. These young people are overlooked in more ways than one and over the next few years raising awareness for this group of people is going to be a priority for us.

2017 is going to be our biggest year yet and I cannot wait. Thank you for your continued support in whatever form that may be. Without our Little Dreamers Family we wouldn't be able to do anything at all.

Madeleine Buchner





THE PROBLEM

There are 490,000 Young Carers in Australia. That means that 1 in 10 young people under 25 years old are helping to care for someone in their family with a chronic illness, mental illness, disability, addiction or other serious illness or injury.

The majority of Young Carers are a risk of all or some of the following:

- Socioeconomic disadvantage
- Isolation
- Low levels of health and emotional wellbeing
- Impaired psychosocial development
- Limited friendships
- Difficulties when engaging in intimate relationships
- Low participation and attainment in school and employment
- Difficulties in making transitions to independence
- A significant lack of opportunity and choices

There are currently high barriers to accessing services due to many services not being aware that Young Carers exist; professionals are unsure of how to identify Young Carers; and Young Carers have conflicting demands of work, school and their caring responsibilities often with little time to take care of themselves.

Young Carers are one of the four most 'at risk' groups in the Australian community yet there is limited recognition and services to support them.

** Department of Social Services, (2002). Young Carers Research Project: Final Report. Australian Government.

** Redmond, G., Skattebol, J., Saunders, P., Lietz, P., Zizzo, G., O'Grady, E., Tobin, M., Thomson, S., Maurici, V., Huynh, J., Moffat, A., Wong, M., Bradbury, B. and Roberts, K. (2016). Are the kids alright? Young Australians in their middle years. NSW: The Australian Child Wellbeing Project.

THE SOLUTION

Programs run for Young Carers

Little Dreamers runs a number of programs aiming to directly impact the areas in which Young Carers are most impacted (as outlined on page 4). These programs include:

- Dream Experience Program
- Day Dream School Holiday Program
- Young Carers Festival
- Dream Coaching Platform
- Dream Training
- Young Carer Ambassador Program



Policy change and Advocacy

High level impact and change can be created by raising awareness and consulting on policies that currently support Young Carers and will support Young Carers in the future.

Currently in this area Little Dreamers:

- Consults with politicians concerning Young Carer legislation
- Writes articles for various forms of media
- We petition and respond to political statements about Young Carers



Awareness and Fundraising

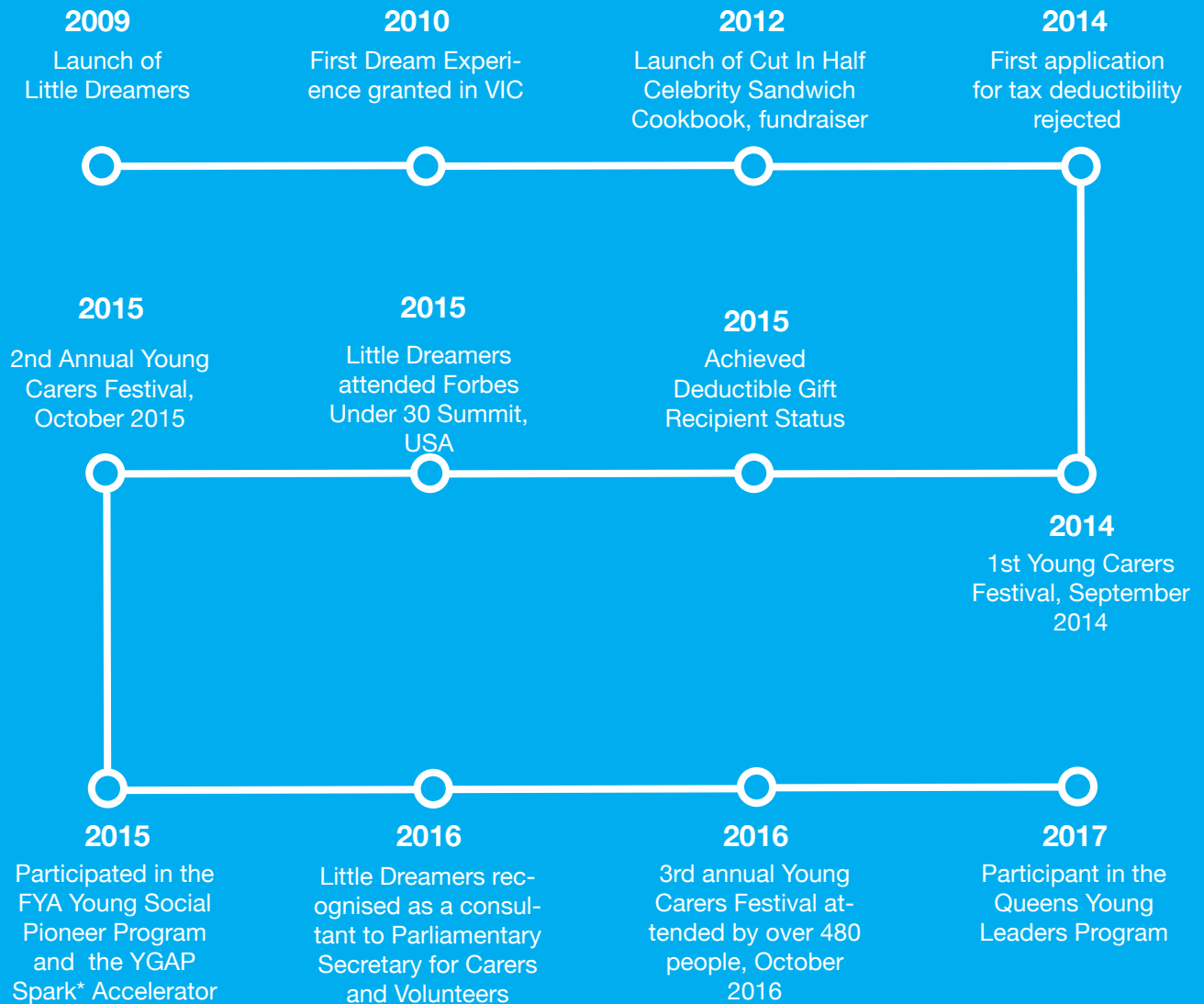
Raising awareness and increasing recognition is the key to creating change. By running a number of public events throughout the year and maintaining social media accounts Little Dreamers both raises money to continue supporting Young Carers while also increasing the number of people who are aware of Young Carers and the challenges they face.

Some of these events are:

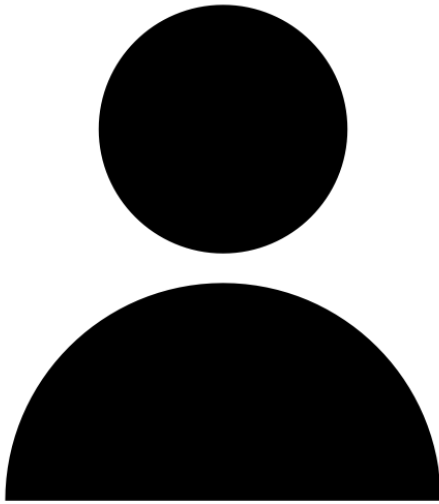
- Trivia Night
- Fundraising Gala
- Information and Education events



MILESTONES



THE NUMBERS



1,000

Young Carers positively impacted
by a Little Dreamers program



50

children attended 1st
Holiday Program with
Ronald McDonald House
September, 2016



50+

dedicated
volunteers



60+

media mentions



97,000

people reached
during 1st ever
online awareness
campaign, Tick the
Box, 2016



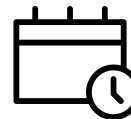
125

Dreams Granted



\$200,000+

raised



20

events held to raise
awareness and funding
for Young Carers

IN THE MEDIA

Over the years, Little Dreamers has been featured in several forms of media to raise awareness for Young Carers. Below is a *summary* split up by form of media.

Television

2002, Today Tonight, channel 7
2009, 9am with David and Kim, channel 10
2012, Mornings, channel 9
2015, Weekend Sunrise, channel 7
2017, ABC News Breakfast, ABC

Radio

2014, 774 ABC
2015, 3AW
2015, 774 ABC
2016, 774 ABC
2016, Triple J
2016, 3AW

Print

2002, Total Girl Magazine, [Kids Who Care](#)
2002, Herald Sun, [It's news when Peter joins in](#)
2003, Herald Sun, [Bulger babe cares for kidz](#)
2003, The Australian Jewish News, [Kids for Kids: a million dollar idea](#)
2004, Australian Jewish News, [Fashion focus on helping 'very special kids'](#)
2009, Monash Journal, [Young Dreams Come True](#)
2009, Herald Sun, [Dreamers little no longer](#)
2011, Geelong Advertiser, [Dreams are free](#)
2011, Bayside Leader, [ATO must be dreaming](#)
2012, Australian Jewish News, [Celeb sandwiches raise funds and eyebrows](#)
2012, The Australian, [Caring teens are a cut above](#)
2012, The Age, [Teens need bread for sandwich book](#)
2012, Bayside Leader, [Celebrities toast humble sandwich](#)
2012, Geelong Advertiser, [Dreamers prove to be the wheel deal](#)
2014, The Age, [Five-year-old children care for disabled relatives](#)
2016, The Age, [Taking care of the children who become carers](#)
2016, The Weekly Review, [Local Heroes](#)
2016, The Australian Jewish News, [Maddy gets the royal treatment](#)

Online Publications

2016, Sydney Morning Herald, [Meet the Boss](#)
2016, Third Sector, [Little Dreamers urges Young Carers to have a voice in this year's census](#)
2016, Girl.com.au, [Madeleine Buchner Little Dreamers Interview](#)
2016, Blank Pages and Empty Spaces, [Madeleine Buchner](#)
2016, VicHealth, [A Youth Perspective](#)
2016, 3AW online, [Little Dreamers CEO Madeleine Buchner set to meet the Queen](#)



Taking care of the children who become carers

Carers Webb

From when she was a baby until 10 years old, Maddy Buchner's little brother Charlie was admitted to the Monash Medical Centre children's ward, 41 North, six or seven times a year.

Charlie suffered, at different times from autism, epilepsy, pneumonia, gastroenteric disease, meningitis, chicken pox that went to his brain and facial osteomyelitis, the latter resulting in his being in a coma for three days.

He was eventually diagnosed with

The experience has led Maddy to write a children's book, *My Brother is Sick Again*, to help kids with a chronically ill sibling feel less alone.

Now 20, and in good health, Charlie was greeted warmly by long-time ward clerk Susie Tice on a visit to the Monash children's ward last week.

The book, illustrated by Maddy and Charlie's mother Lisa Buchner, is available online, with the story of "Hannah" and younger brother "Alan", "who has a chronic illness and is in and out of hospital a lot". Hannah loves her brother but

In real life, Maddy remembers feeling angry, frustrated, lonely and scared when her brother was ill. She grieved between her grandparents' house and boring days at the hospital. By the time she was six, she could help administer his medicine and pack his hospital bag.

She says the problems faced by siblings of the chronically ill "aren't often talked about". She hopes the book covers "that it's not just angry and frustrated. It's a totally normal feeling, but there are people out there who can help you."

Seven years ago, Maddy started Little Dreamers, a support and wish

and disabled siblings and parents. It has just launched a new website, called The Dream Coaching Platform - featuring forums and blogs to support services and activities.

In September, Maddy'll run a school holiday program at Ronald McDonald House in Parkville, near the Royal Children's Hospital, with activities for siblings of sick kids.

Charlie says he is proud that Maddy "had the strength to deal with everything I was going through" - plus their mother's breast cancer in 2006 - "and to come out of all that and be so inspirational and so strong as she is".

Maddy Buchner with brother Charlie and mother Lisa. Photo: Paul Jeffers

THANK YOU

Little Dreamers would not have achieved anything if it wasn't for the incredible people and organisations below. They truly embody the 'Dream Big' message and we love working with them.



LITTLE DREAMERS BOARD

Tony Aarons
Nicole Anderson
Lisa Buchner
Simon Buchner
Trevor Givoni
Michael Thurin
Rebecca Smith

Past board members: Michael Short, Amanda Shilkin, Karl David, Michael Abelman, Owen Walker, Ronald Serry, Monica Chester, Rebecca Abelman

LITTLE DREAMERS MANAGEMENT COMMITTEE

Madeleine Buchner
Nicole Anderson
Owen Walker
Mahalia Dobson

LITTLE DREAMERS YOUNG CARER AMBASSADORS

Chris Bateman
Carly Underwood
Amelia Swain
Michael Casha

GET INVOLVED

Donate

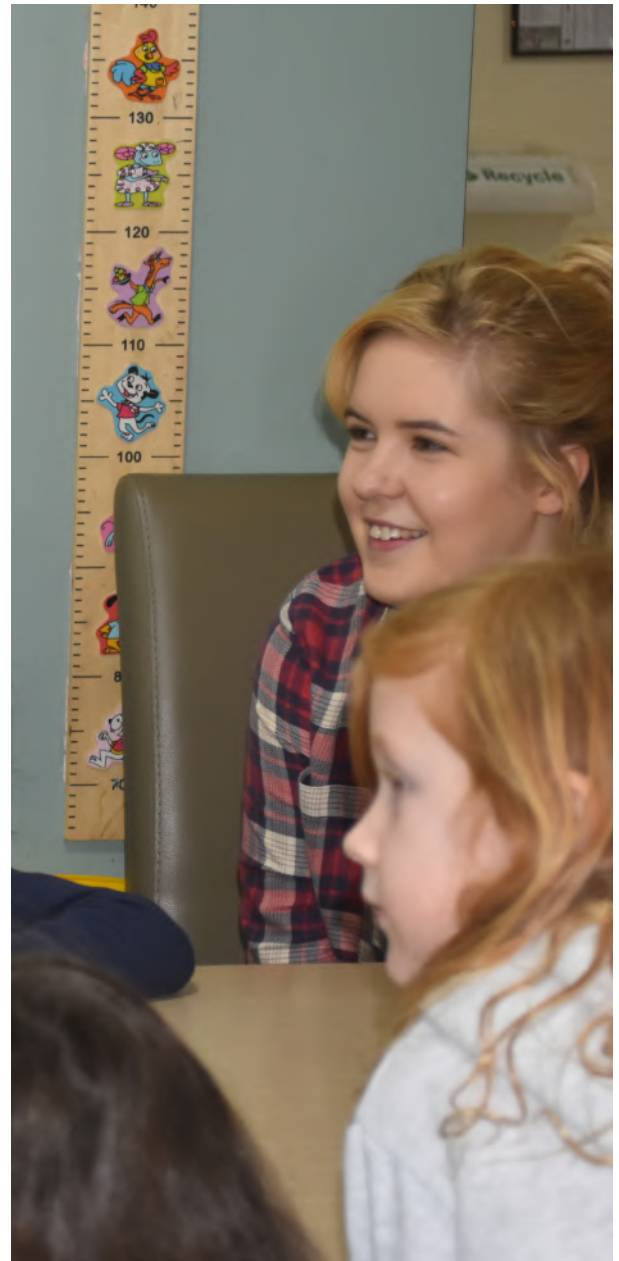
Donations to Little Dreamers help us to continue to support Young Carers throughout Australia. All donations to Little Dreamers over \$2 are tax deductible.

Volunteer

There are lots of volunteer opportunities available at Little Dreamers to help change the lives for Australia's young carers! You can join the Little Dreamers family by helping out in our Dream Experience Program, Day Dream School Holiday Program, Dream Coaching Platform, at our Young Carers Festival or in our office with admin and marketing support roles.

Fundraise

Are you interested in fundraising for Little Dreamers? We have some great ways for you to get involved. These include: Selling our Cut In Half Celebrity Sandwich Cookbook with 50% going to your school/organisation and 50% coming to Little Dreamers, Selling our Dream Catchers and/or Dream Catcher Bracelets in your place or work/school, Have another idea? Create your own fundraiser and we can help to pull it together!



THE FINANCIALS

Profit and Loss

1 July 2015 to 30 June 2016

Income

Donations	18,986
Grants	33,320
Other Revenue	1,115
Sales	1,378

Total Income **54,799**

Less Cost of Sales

Cost of Goods Sold 5,703

Total Cost of Sales **5,703**

Gross Profit **49,096**

Less Operating Expenses

Advertising	489
Bank Fees	51
Dream Experiences	995
Events	8,332
Freight + Courier	144
General Expenses	352
Insurance	812
Legal Expenses	270
Office Expenses	254
Printing + Stationery	782
Professional Development	1,327
Subscriptions	205
Telephone + Internet	48
Travel - Local	193
Travel - National	623
Website	3,700

Total Operating Expenses **18,576**

Net Profit **30,520**

Little Dreamers

WWW.LITTLEDREAMERSONLINE.COM

