

# Get In Touch

## If you are a young carer :

If you want to talk to someone in the Project please call or email us. In most situations we will need to talk to the person you care for at some point, but please don't let that stop you from calling to get the help and support you need.

## If you are a parent :

Please call or email us to discuss the support we could offer.

## If you are a professional :

Please discuss making a referral with the family and get their consent to do so. Call for advice if you would like to confidentially talk through a young carer's situation

Referrals can be made directly with the Young Carers Project team or go to the **Health Professionals** section of our website to download a referral form to send electronically.

**Young carers in Brighton & Hove are entitled to a Carer's Needs Assessment. The Project will also do its utmost to support young carers in whatever ways it can.**



Call us on

**01273 746222**

**Monday to Friday 9am – 4pm**

**(lines closed 12pm-1pm)**

and talk to a member of our friendly Young Carers team to find out how we can help.

**Our services are free and confidential.**

**We strive to provide accessible information**

If you need information in an alternative language or format please ask.

**The Young Carers Project  
The Carers Centre for Brighton & Hove  
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BN1 2PT**

Fax: 01273 933688

Text: 07704 409155

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*Cover image by young carer,  
Aisha Hoten, Aged 15*

01/11



Working with carers  
aged 8 to 25 years old



Information for young  
carers, their families  
and professionals

Part of The Carers Centre for Brighton & Hove

Charity Registration Number 1015728

Registered Company Number 2758481

## What do we do?

We have a specialist team of trained and experienced Support and Outreach Workers who can provide a range of support options to the young person and their family. We know it can often be difficult for families to recognise their children as carers and to ask for help, but we can make a real, positive difference:

### Young Carer Support

We listen to what young carers and their families need and offer information, support and advice. For example, helping them access services they are entitled to or supporting them to resolve difficulties at school or college.

We look to support the reduction of caring roles for young carers, whilst also addressing any important issues that 'caring' brings up for them.

### Groups and Activities

We offer a range of groups and activities throughout the year. Some are fun breaks whilst others are more focused on supporting young carers around specific needs. Often just having the chance to spend time with other young carers can really help.

### Raising Awareness

We work closely with other professionals to raise general awareness of young carers' needs and issues. They can then identify and refer young carers into the Project.

We also have a dedicated Schools Worker working across Brighton and Hove, training staff within schools to identify, support and set up peer support groups for young carers.

## Examples of children and young people we have helped



### Sam

Sam is nine years old and lives with his mother and four year old brother. Sam cares for his mother who suffers from a prolapsed disc. This causes her severe pain and reduced mobility. His caring role mainly affects his leisure opportunities, leaving him socially isolated.

Sam was invited to attend our regular activities programme for 8 to 12 year olds and is now a regular member of this group. In May, he attended our residential weekend where he was able to build on friendships with other young carers, whilst also having fun.

### Sophie

Sophie lives alone with her mother who has terminal cancer. Outside school, Sophie spends most of her time on household chores, including cleaning and cooking, shopping and helping her mum with personal care. Teachers are concerned that her level of caring is having an impact on her education.

The school referred Sophie to the Young Carers' Project. We helped her apply for a carer's grant so she could buy a computer for school work and attend drama school. She has made many new friends at the drama school and now keeps up with her homework. Her caseworker also encouraged Sophie's Mum to access external support, which means that Sophie's caring role has now decreased.



## Who are young carers?

Young carers are children and young people who have a significant caring role for a family member with a long term physical or mental illness, disability or substance misuse issue.

### Caring responsibilities can include:

- Physical care, e.g. lifting, medication
- Running the family home
- Personal care / support  
e.g. helping with washing, dressing, or attending appointments
- Giving emotional support

The **impacts** of such responsibilities can affect young carers in many areas and many ways, for example:

### Education / Work

Bullied for being different, missing school to help at home, having difficulty concentrating at school or completing homework.

Also, young adult carers, aged 16-25 often find that their caring responsibilities limit their choices when thinking about further education or seeking / maintaining employment.

### Social

Missing out on social or leisure activities. This may be because of lack of money or time, difficulty getting to and from activities, or having to attend to the needs of the person being cared for, all adding to a feeling of isolation.

### Emotional

Spending time worrying about the person they care for, with these increased responsibilities leading to higher stress levels and a feeling of being unable to cope.