

# WEST SUSSEX YOUNG CARERS



## Information Leaflet For Families & Professionals

### Who are Young Carers?

Young carers take on responsibilities at home because someone in their family is disabled, has been ill for a long time, experiences mental ill health or has a problem linked to alcohol or drugs.

Lots of children & young people want to help out and feel proud that they are lending a hand. At the same time the impact of these caring responsibilities may cause difficulties at home, in school and elsewhere.

Sometimes it can be difficult to recognise someone as a young carer - but does this sound like your family or a family you know?

Did you know there are thousands of young carers in West Sussex?

### What Can Help Young Carers?

- Someone to speak to
- Support for the person who is cared for so that children and young people do not have to do so much.
- Meeting other young carers and taking part in groups and activities.
- Breaks from caring.

### Support Available from West Sussex Young Carers Team Groups

(in partnership with other organisations)  
We can invite young carers aged 8+ to take part in variety of groups and group activities during the year. These groups are fun breaks and a chance to spend time with other young carers as well as a safe place to talk. Please contact the team to find out what groups are available.

### Individual Casework

We can give specialist advice and information as well as provide focussed support to address the needs of a young carer and their family.

We can also assist with assessments and provide consultation to other professionals who are working directly with young carers and their families

### Breaks from Caring

We can help young carers access activities and clubs in their local areas so they can get a regular break from caring. We can provide short-term funding so that young carers can make the most of

## Raise Awareness

We want to make sure that children & young people with caring responsibilities get support from all the different adults in their lives.

We therefore offer information sessions and training workshops to a wide range of other professionals so they have a better understanding about what children & young people do to care and how it effects them.

## Signposting

We can provide information on other services, which may be of help to young carers and their families (e.g. further help in school or with finances).

## These are some things that young carers have told us - things that really matter to them.

" I worry about mum when I'm at school"

"You need extra love as a carer as you give so much out"

"At home, everyone thinks of my disabled brother first"

"I didn't know it was caring....I thought it was just fun!"

"Before I went to Young Carers I thought I was the only one – now I know I am not!"

## Get in touch

Parents, young people and professionals are all welcome to contact us.

**If you need more information** - please email: [youngcarers@westsussex.gov.uk](mailto:youngcarers@westsussex.gov.uk)

Or

To access the Young Carers Service – please phone **01903 270300** and ask for the duty worker.

It will be helpful for us to have some information on the care being undertaken and the impact of this on the child/young person and family.

If you are a professional making a referral on behalf of a young carer and their family please ensure you have consent to do so and you have talked to them about how they hope to benefit from the services available.

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

Designed by: The Central Graphic Design Unit, County Hall, Chichester,  
West Sussex PO19 1RQ  
WS484 December 2011