

# YOUNG CARERS TOGETHER



## New support for young carers in East Sussex

### What is Young Carers Together?

Young Carers Together is a new service for all young carers living, attending school or caring for someone, in East Sussex. We are part of Care for the Carers, the Carers Centre for East Sussex who have thirty years of experience of supporting carers. Care for the Carers is part of the national network of Carers Trust centres.

### What does Young Carers Together provide?

We provide young carers with support, information and fun activities.

As a new service we can provide:

- Holiday activities
- Information and signposting
- Supporting young carers to access services and activities
- Young Carers Club for those aged 8 and upwards  
*\*Starting April 2021 in partnership with Sussex Clubs for Young People\**
- 'Teen Talk' Counselling for those aged 12 years and above

As a new service, we are constantly developing and will be offering more activities as funding allows.

### Who can be referred to Young Carers Together?

We support young carers from 5-16 years old. For those aged 16 and 17, we work in partnership with our in-house Young Adult Carers (YAC) service to provide joint support to each young carer according to their individual needs.

A young carer is someone who provides care and/or support to a family member, including siblings, or friend who could not manage without their help. This could be due to illness, disability or age. Caring is not just a physical act, but also covers emotional support. We believe in prevention and early intervention, we do not want to wait until a young carer is at crisis point for them to be able to receive support. If a young person is coping with additional difficulties because of illness, disability or frailty within the family, it is very likely they will meet the criteria for our service.

### What about Young Carers Assessments?

We do not undertake statutory young carers assessments. However any young carer registered with us will be supported through the assessment process undertaken by Imago East Sussex Young Carers.

### Support for Professionals

We can also provide information and training to professionals and practitioners working with children and young people to help identify, refer and support young carers.

### But what about COVID?

All our current activity takes place either on secure Zoom, Facebook groups or via telephone. Safety is our priority but we can't wait to see people face to face!

To find out more, or to refer a young carer, please contact  
Young Carers Together from Care for the Carers at  
[info@cftc.org.uk](mailto:info@cftc.org.uk) or 07874 853703

No-one left to care alone  
[www.cftc.org.uk](http://www.cftc.org.uk)

