

Aged under 18?

Live in East Sussex?

Do you help look after
someone in your family
due to illness, addiction,
SEN or disability?

REGISTER AS A
**YOUNG
CARER!**

No one left to care alone



Young Carers Project



Faraday House
1 Faraday Close
Eastbourne, BN22 9BH

 01323 738390

 07507 240793

 www.cftc.org.uk

A network partner of

**CARERS
TRUST**


Registered Company No:3677361
Charity Number: 1074906

If you have been given this form by a young carer here is what you can do:

- If they don't want to talk about their caring role, still check in with them and let them know you are there if they need you
- Treat their caring role as a learning and support need, not a behavioural issue
- Ask them how you can support them and their family
- Give them a safe space to talk
- Learn more about young carers
www.childrensociety.org.uk/information/professionals/young-carers
- Refer them for a Young Carers Assessment with IMAGO East Sussex Young Carers
(you will need consent from the young person and their guardian)
www.imago.community/East-Sussex-Young-Carers

CONTACT US!

All young carers are eligible for activities, information and support.

 01323 738390

www.cftc.org.uk/young-carers-service-east-sussex/

WHO ARE YOUNG CARERS?

A young carer is someone aged under 18 who helps to look after someone, usually a family member, but sometimes a neighbour or friend. The person could be ill, elderly, have a learning or physical disability, an addiction or a mental health condition.

WHAT DO YOUNG CARERS DO?

- Practical tasks, like cooking, housework and shopping
- Physical care, like helping someone out of bed
- Personal care, like helping someone get dressed
- Managing the family budget and collecting prescriptions
- Helping to give medicine
- Helping someone communicate

But caring isn't just doing things physically. Young carers may:

- Give emotional support, including talking to someone who is upset
- Worry about someone when they are away from them
- Protect brothers or sisters with additional needs from bullies or help them make friends
- Put the needs of the person with the illness or condition ahead of their own

OUR YOUNG CARERS PROJECT

We know as a young carer it can be hard to get a break. Friends may not understand and young carers often feel lonely and isolated. School can be difficult, it can be hard to complete homework, get there on time or for others to understand your home life.

Our aim is for young carers to have a break and a chance to meet and build friendships with other young carers. We also can support young carers with any difficulties they face, and refer onto other services that can help.

Youth Clubs

Monthly youth clubs for those aged 8-17 years

Outings and activities

Outings for those aged 5-17 during school holidays

Help with transport to clubs and activities

Information and guidance

Providing information for support and referring onto other services

East Sussex Carers Card

The Card identifies you as a carer, and that someone depends on you in an emergency. It's also a discount card, giving you savings across East Sussex

If you want to tell a teacher, or trusted adult, about your caring role but don't know how to start, you can fill out this form and give it to them

I AM A YOUNG CARER

I help to look after someone who needs me due to physical or mental illness, disability, age or addiction.

I am giving you this leaflet because:

- I want you to know but I don't want to talk about it
- I want support and someone to talk to
- I am finding it hard to balance my life and caring

Name

Form

Contact details

I am happy for you to talk to my parents/guardian about this

Yes No

Anything else I want to say: