

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 if you would like to discuss the needs of the young carer and support we could offer. We will advise and support you on the referral process.

If you are a professional :

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

Please also contact us about young carers awareness training for your team or school.

To make a referral go to

<https://carershub.co.uk>

Complete the online form or download and return the MS Word version of the form.

Call or email the Young Carers Team with any questions you may have about the service:

01273 746222

youngcarersproject@thecarerscentre.org

Contact Us

Call us on:

01273 746 222

Monday to Friday 9am—4pm to speak to one of our staff about 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 Carers Centre for Brighton and Hove

18 Bedford Place

Brighton BN1 2PT

Tel: 01273 746 222

Fax: 01273 933 688

Text: 07704 409 155

email: youngcarersproject@thecarerscentre.org

website: <https://carershub.co.uk>

Registered Charity—1015728

Registered Company—2758481



Brighton & Hove

Are you aged 6-17?

Do you look after someone?

**The Young Carers
Project could help you**



**Information for young carers,
their families and professionals**

Part of The Carers Centre for Brighton & Hove

Registered Charity No. 1015728

Registered Company No. 2758481



Who are we?

The Carers Centre for Brighton & Hove is a local charity working since 1988 to support unpaid carers of all ages and backgrounds, who care for people with a multitude of health conditions.

Who are young carers?

Young carers are children and young people who have are affected by the health of a family member with a long term physical illness, mental health condition, disability or substance misuse issue.

Caring responsibilities might include:

- Physical care, e.g. lifting, medication
- Personal care / support e.g. helping with washing, dressing, or attending appointments
- Emotional support for the person with the health condition

How can we help?

- Monitor and review young carer's needs.
- Social/fun activities with other young carers
- Supportive group work
- Individual sessions with a support worker
- Advice and advocacy around other services that can help
- Awareness training

We have a dedicated schools worker training staff within schools to identify, support and set up peer support groups for young carers.



Impacts on young carers

Education / Work

- Bullied for being different.
- Missing school or being late because of helping at home.
- Difficulty concentrating at school or completing homework.
- Young adult carers, aged 16-25 often find that their caring responsibilities can limit their choices when thinking about further education or seeking / maintaining employment.

Social

- Missing out on social or leisure activities and feeling isolated.
- Worrying about leaving the cared for person at home.
- Difficulty getting to and from activities, or having to attend to the needs of the person being cared for.
- Lack of money to pay for social activities.

Emotional

- Spending time worrying about the person they care for.
- Higher stress levels and a feeling of being unable to cope.