

## 4. YOUNG CARERS

**A young carer is a young person under the age of 18 who takes some or all the responsibility for the care of someone, usually a member of their family. This may be a parent, brother, sister or other relative who has a long-term illness or disability.**

Any of the information in this pack may be useful to a young carer. Many services will want to know what kind of help is needed and therefore it may be useful to talk through your situation first with someone you know and trust; someone who will support you in talking to the person you care for if you feel you need to and to any services or organisations you contact.

You may already be in contact with someone you trust who will help in this way. Perhaps a teacher, school nurse, doctor or youth worker. They may give you the chance to talk about your situation and help you contact the services that will make things easier for you. This section outlines specific help for young carers and who can give that help.

### **Carers Support Service - Regis, Chichester & Rural**

Young carers can telephone to talk about their situation in confidence. The Carers Support Service can tell you about local services which may offer the help you need and if you wish we will contact services on your behalf.



The Carers Support Service will not talk to another person or organisation about your situation without discussing it with you first.

Contact: Carers Support Service, 60a North Street, Chichester, PO19 1NB

Tel: 01243 537011 (9am-5pm)

Email: [rnorth@carerssupportservice.org.uk](mailto:rnorth@carerssupportservice.org.uk) or  
[natasha.topham@carerssupportservice.org.uk](mailto:natasha.topham@carerssupportservice.org.uk)

[linzi.walton@carerssupportservice.org.uk](mailto:linzi.walton@carerssupportservice.org.uk)

[karin.davidson@carerssupportservice.org.uk](mailto:karin.davidson@carerssupportservice.org.uk)

Website: [www.carerssupportservice.org.uk](http://www.carerssupportservice.org.uk)

### **Community Psychiatric Nurse (CPN)**

A CPN is a specialist nurse who works in the community with people who have mental health problems. The CPN can offer help to the whole family when one of the family has a mental health problem, for example, depression, anxiety, phobias or schizophrenia. They work as part of the Community Mental Health Team.

Your GP can refer you to the team.

### **District Nurse**

Can offer practical help with nursing problems and care, such as equipment, tablets and medicine, dressings and bathing as well as advice and support. You can contact the district nurse directly at the doctor's surgery. You do not need to speak to the doctor first.

## **Family Doctor or GP**

Can arrange support and services for the person you are looking after with their permission, including respite care.

## **Information Shops**

There are two information shops for young people aged 13-25 years.

Qualified and friendly staff offer information, support and advice to any young person in a relaxed, safe environment. The sorts of issues that can be addressed are education, family and relationships, health and leisure. Counselling is also available.

The Chichester shop is open 12noon-5pm, Mon-Fri.

Chichester Information Shop, The Fernleigh Centre, Chichester, PO19 1LX (this venue may be subject to change). Tel: 01243 839093 Website: [www.informationshopchi.org.uk](http://www.informationshopchi.org.uk)

The Bognor shop is open 1.30pm-5.15pm Mon-Fri.

Bognor Information Shop, 75 Little High Street, Bognor Regis, PO21 1RZ

Tel: 01243 865533

## **Occupational Therapist (OT)**

Occupational Therapists (OTs) can explain about how to manage activities such as washing, dressing, going to the toilet, eating or drinking. They can recommend and organise gadgets, equipment and adaptations to help in the home. This may include special cutlery, handrails, wider doorways, a stair lift, special shower or bath. You can contact an OT at the locality office of Social Services in your area. Ask for the Social Services Help Desk – phone numbers in *Chapter 1, Advice and Information*.

## **SIBS**

SIBS is for people who grow up with a brother or sister with a disability or chronic illness, and amongst other services, they provide a helpline.

Tel: 01535 645453 Website: [www.sibs.org.uk](http://www.sibs.org.uk)

## **School**

School staff may be able to offer help or information, particularly if caring is making it difficult for you to attend school or to keep up with your school work. You can talk to your form teacher, the pastoral care tutor, the school nurse or the Educational Welfare Officer.

## **Social Services**

Social Services can offer you advice, including a chance to talk, information about help available, information about benefits and other money matters. You can have a separate assessment of your needs and any help or support should take your own needs into account.

Social Workers will assess the needs of the person you are looking after with that person's permission. They can offer practical advice about getting help with cooking, shopping, washing and dressing.

They can also arrange for you to have a break by organising care for the person you are looking after, perhaps in a day centre or care at home or a longer break away from home.

You can contact the Social Services in your area directly by telephone and ask for the Help Desk – phone numbers in *Chapter 1, Advice and Information..*

### **West Sussex – Children with Caring Responsibilities Team**

This multi-agency project is managed through the Children and Young People's Services and works to a multi-agency strategy for working with young carers and their families across West Sussex. Young carers are children and young people under 18 whose lives are affected by the care level needs of a parent, sibling, grandparent, other relative or friend, and who take on a level of responsibility associated with an adult.

The project is developing ways of supporting young carers directly through work with schools, youth services, social services, healthcare and in voluntary sector settings. They also provide:

- Young Carers Workshops - with full-day activities during school holidays and half-term breaks for ages 10-17 years. Access by referral only.
- Family work – with families affected by severe illness or disability and help arrange long-term support for their children who have caring responsibilities.
- Funding - to give the young carer a break.

Professionals, young carers and their parents are welcome to contact the project for further information. Contact: The Project Manager - Children with Caring Responsibilities Team, Room 41, Durban House, Durban Road, Bognor Regis, West Sussex, PO22 9RE. Tel: 01243 642464 or 642524 or 01903 236562 (referrals only).

### **Youth Service**

The Youth Service can offer individual support and practical help in linking with other support agencies, as well as a wide range of sport and leisure time activities. Youth Workers will help you to focus on you and your needs as a young person whilst being sensitive to your situation. They may be able to offer young carers groups and summer activities. Tel: 01243 777772/01903 839231.