



HORSHAM CENTRAL
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

YOUNG CARER SUPPORT



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YOUNG CARERS SUPPORT

This information pack signposts support for young carers.

Please note you may also find relevant support in other information packs including our Carer Support pack.



The Children's Society

Offer information and support to all young people, including those in a caring role. They can help you understand your rights, assist with different routes into education and employment and connect you to other young carers.

You can also find information on their website about the annual Carers Festival, an event designed to connect young carers and give them a day of fun and a chance to boost wellbeing while making new friends.

Phone: 01962 711511
Monday to Friday 9am-5pm

Website:
www.childrenssociety.org.uk/information/young-people/young-carers



@childrensociety



@thechildrenssociety



/Childrensociety



@childrenssociety



Sibs

Sibs exists to support people 7+ who grow up with or have grown up with a sibling with a disability. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

Sibs recognise that growing up with a disabled brother or sister can be a complicated and challenging experience and that this can mean juggling multiple responsibilities, feeling isolated and needing support in their sibling role. They have information and advisors accessible via their website.

Email: Accessible via contact form on their website:
<https://www.sibs.org.uk/youngsibs/ask-sibling-advisor/>

Website: <https://www.sibs.org.uk/>



@Sibs_uk



/SibsCharity



West Sussex Young Carers

Supporting anyone under 18 who is in an informal caring role. Young Carers will visit at home to talk about what support they can offer the carer and their family.

They can connect the carer with local support, groups, counselling, advice and information, as well as help to access activities, clubs and events locally. They can also help with financial concerns and assist with reducing the care burden on the young person by helping with care hours.

Phone: 01903 270300

Email: youngcarers@westsussex.gov.uk

Website: www.westsussex.gov.uk/youngcarers

