



Young Carers

Does someone at
home rely on you?

Aged 5 - 17?

The Young Carers Project
is here for you

Information for young carers, their
families and professionals

Contact us

Call us:
01273 746 222

Email us:
Youngcarersproject@
thecarerscentre.org



Our services are free and confidential
We are open Monday - Friday 9am - 5pm

Getting in touch

If you are a young carer

If you would like to talk to someone in the Young Carers Team get in touch using the contact details on the back of this booklet. In most cases, we will need to talk to your parent or carer too but please don't let that stop you from getting in touch.

If you are a parent/ guardian

We'd be happy to share more information about the support we offer and how to access our services. Please get in touch with any questions you have.



Scan to refer into the YC Project

Who are young carers?

Young carers are children and young people providing support to someone who may be chronically ill, disabled, have a mental health challenge or addiction.



You could be caring for a sibling, parent, grandparent or someone else.

Your support could include many different activities; practical tasks like shopping and cleaning, emotional care, physical care such as giving medication, helping someone to wash/ dress.

Who are we?

The Young Carers Project is part of The Carers Centre for Brighton and Hove. We are a local charity supporting unpaid carers of all ages and backgrounds since 1988.

The young carers project is a specialist service that supports young people aged 5 - 17 who are caring for a family member. We will talk to you to work out what support might be best for you.



This might be the chance to have 1:1 support around your caring role, signposting to services or a chance to socialise with other people your age in similar situations.

What do we do?

- Assess your needs as a young carer.
- Offer the opportunity to meet with young carers in a similar situation to you.
- 1:1 chats with the YC staff for advice and support.
- Afterschool and youth clubs, activities and groups.

The project is split into age groups so you'll always be with people your own age. Services from The YC Project and The Carers Centre are completely free.

