

## EAST SUSSEX YOUNG CARERS NEWSLETTER

### Wealden



#### A BIG Hello from East Sussex Young Carers!

I wanted to wish you a warm welcome to my ESYC newsletter that will be winging its way to you with news and information about the Young Carers that are in your area and schools.

After over a year I finally managed to see some of our Young Carers face to face! Having run 48 online workshops, 100's of online 1:1s and assessments it was finally time to get back out there...it was a joy seeing some of your students in person and I will be in touch soon about a visit to your school.

If you have any students that you would like to refer to me for support please visit our [website](#) and fill out the referral form.

Congratulations on all your hard work over the past year and I hope to see you and your Young Carers soon!

Rachel



### Fun Activities at Bowles!

Some of our Young Carers were lucky enough to attend our Bowles activity day where they fearlessly donned the harnesses, swung from the trees, climbed rocks and abseiled. Other groups practised their archery and bush craft skills.

Much fun was had by all!



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Young Carers Support Co-ordinator

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## EAST SUSSEX YOUNG CARERS

### What is East Sussex Young Carers?

ESYC is commissioned by East Sussex County Council to deliver young carer services across the county. ESYC is a service of Imago Community, a leading South East Charity.

### What does ESYC provide?

We carry out statutory young carer assessments on behalf of ESCC, which enables us to consider individual and whole family needs.

We then offer appropriate short-term interventions that will benefit the young carer, such as:

- Workshops
- One-to-one support
- In-school support
- Information and advocacy
- Referrals & signposting

We also deliver a school programme and training to professionals to raise awareness and develop resources for young carers.

### Who can be referred to ESYC?

- Young carers aged 5-18 years living in East Sussex and caring for a family member or someone in their household

### How do I refer?

- Call us: 0300 111 1110
- Email: [youngcarers@imago.community](mailto:youngcarers@imago.community)
- Or complete an online referral at [www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers](http://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers)

**But what about COVID?** We are making good use of phone, Zoom and WhatsApp to stay in touch with Young Carers. We offer face-to-face contact wherever it is safe to do so.

Supporting communities: Reaching potential

[www.imago.community](http://www.imago.community)



## YOUNG CARERS TOGETHER

### What is Young Carers Together?

Young Carers Together is a new service for all young carers living, attending school or caring for someone, in East Sussex. We are part of Care for the Carers, the Carers Centre for East Sussex.

### What does Young Carers Together provide?

Preventative support & information, early intervention and fun activities, including:

- Holiday activities
- Information and signposting
- Support to access services and activities
- Young Carers Club - over 8s (From April 2021, in partnership with Sussex Clubs for Young People)
- 'Teen Talk' Counselling – telephone counselling for young carers 12-18 years

### Who can be referred to Young Carers Together?

- Young carers aged 5-16 years old, at all levels on the continuum of need.
- Young carers aged 16-17 – we'll work in partnership with our in-house Young Adult Carers (YAC) service to provide needs based support.

### How do I refer?

- Call us: 07874 853703 / 01323 738390
- Email: [info@cftc.org.uk](mailto:info@cftc.org.uk)
- Or complete a professionals referral form: [www.cftc.org.uk/help-and-advice/professional-referrals/](http://www.cftc.org.uk/help-and-advice/professional-referrals/)

**But what about COVID?** All activity held on secure Zoom, Facebook groups or via telephone during the pandemic. Safety is our priority but we can't wait to see people face to face!

No one left to care alone

[www.cftc.org.uk](http://www.cftc.org.uk)



UK YOUTH





## DID YOU KNOW?

More than 26,000 people will go to sleep tonight knowing that they are being supported by

**Imago Community** these include -

- Young Carers
- Young Adult Carers
- Adult Carers
- Children with disabilities
- Older people
- Socially isolated people
- Mental health awareness for young people
- Community transport
- Social Prescribing



## Do you shop at Co-op ?

Then you can support our Short Breaks and Young Carers when you shop, for free!

Simply register your Co-op membership card to support us for the next 12 months using our link below

[Click here](#)







# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

## Contact Us

[youngcarers@imago.community](mailto:youngcarers@imago.community)



ImagoYoung People Support



@imagocommunity

Imago Community  
Registered Charity Number—1108388  
Registered Company Number—5354482

