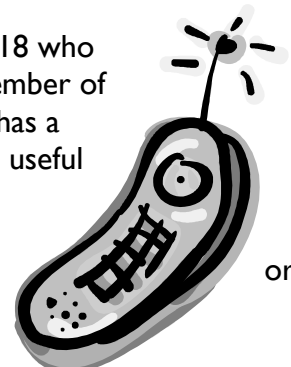


24. YOUNG PEOPLE WITH CARING RESPONSIBILITIES (YOUNG CARERS)

A young person with caring responsibilities is someone 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 (e.g. teacher, school nurse, doctor Youth Worker); someone who will support you in talking to the person you care for and to any services or organisations you contact.



CARERS SUPPORT SERVICE, WORTHING & DISTRICT

01903 536378

CSS, Worthing & District works closely with West Sussex Young Carers Project. Full information about CSS, Worthing & District is given at the front of this Pack.

CHILDREN OF ADDICTED PARENTS AND PEOPLE (COAP)

www.coap.co.uk

Website for young people with concerns and fears about a person who is abusing drugs and alcohol, or is addicted to some form of behaviour.

INFORMATION SHOP FOR YOUNG PEOPLE

Free, confidential information and advice for young people aged 13 – 25 years, on a variety of issues including housing, benefits, legal rights, health, unemployment etc. General counselling is also available, along with help with CVs, job applications, internet access, and sexual health service including pregnancy testing.

- **Horsham**, 16 East Street
- **Littlehampton, Project 82**, 82 Wick Street
- **Shoreham**, 20 High Street
- **Worthing**, Colonnade House, Warwick Street

OFFINGTON COUNSELLING SERVICE

An independent charity, offering counselling for personal, marital and family problems. Cost negotiable to means of client. Also offers the **1-2-1** counselling service for young people aged 14-18 years.

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.

SIBS

www.sibs.org.uk

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.

ST LAWRENCE YOUNG PEOPLE'S HEALTH SERVICE

Open to all 13 - 18 year olds who live in the Worthing area (you do not need to be registered with the St Lawrence surgery). This is a free confidential service for all young people's health issues, including alcohol, drugs, stress, smoking, sex and contraception, HIV, school, family and social problems. Open every Wednesday 3.30pm to 4.30pm, no appointment necessary. Based at St Lawrence Avenue Surgery, 79 St Lawrence Avenue, Worthing.

WEST SUSSEX CARERS ONLINE WEBSITE

www.westsussexcarers.org.uk

This comprehensive website for carers in West Sussex is managed by ICIS and aims to help put carers in touch with local support and services, direct carers to national information which may be useful and give support in every way it can. There is a specific section for young people with caring responsibilities.

WEST SUSSEX YOUNG CARERS PROJECT / YOUNG CARERS WORKSHOPS

Support for children and young people with caring responsibilities, up to age 18. Runs Young Carers Workshops for ages 10-16, full-day activities during each school holiday. Funding may also be available to enable children with caring responsibilities to take part in local interest groups such as sports, drama clubs, guides and scouts or to have a day out with their family.

YOUNG CARERS NET WEBSITE

www.youngcarers.net

Operated by Princess Royal Trust for Carers, this website provides information for young people with caring responsibilities and a supportive, online community of young carers for discussion or for advice from qualified youth workers.