

“ I love the activities and making new friends and being able to get out more and be myself. ”

“ He enjoys having something that is just his. He enjoys telling us and his siblings about the things he does with young carers. Its making him a happier boy and making him more confident. ”

Parent of young carer

“ I meet new people with superhero hearts and it makes my superhero heart feel good. ”

“ The support has been invaluable. Students are forming new friendships. We are developing links with high schools and hope this makes the transition for our young carers easier. ”

Primary school Young Carer Lead

## Get in touch with us

Call our Information Hub

# 01473 835477

Monday 9am – 5pm

Tuesday 8am – 7.30pm

Wednesday 8am – 5pm

Thursday 8am – 5pm

Friday 9am – 4.30pm

Use our online chat at:

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

Monday to Friday 8am – 8pm

Saturday & Sunday 9am – 1pm

Email us at:

[hello@suffolkfamilycarers.org](mailto:hello@suffolkfamilycarers.org)

We have an online space which includes blogs, tips & information

[www.suffolkfamilycarers.org/young-carers](http://www.suffolkfamilycarers.org/young-carers)



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# Do you know a young carer or sibling carer?

**Suffolk Family Carers** ••• Young Carers  
Living Fuller Lives

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

Caring for a family member isn't always 'doing something' to help. The impact of caring for someone can often lead to young people feeling angry, or they may worry about the person or what is happening at home.

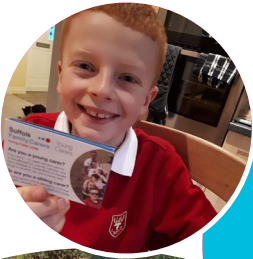
## We support:

### Young carers

A young person, who is caring for or emotionally affected by a family member who has a physical or mental illness, disability or misuses drugs or alcohol.

### Sibling carers

A young person who is affected by a brother or sister's disability, illness or additional need.



**1 in 5**

High school pupils  
are young carers



## We help carers of all ages across Suffolk get the support they need to live fuller lives.



### Making a referral

Suffolk Family Carers welcome referrals for young people aged 5 years and upwards, who are doing more than would usually be expected of a person their age, due to the long term condition of a family member.

To make a referral or to find out more about how Suffolk Family Carers can support:

- Young carers
- Young adult carers
- Parent carers
- Adult carers

please visit our website

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

or call us

## How we can help

Our team of experienced and knowledgeable Young Carer Advisers can offer:

- One to one catch ups to provide wellbeing support
- Opportunities to meet other young carers and have a break from their caring role
- Workshops and programmes to build confidence and life skills
- Duke of Edinburgh Award scheme
- Advice and support in school
- Condition specific information to increase understanding and reduce worry
- Advocacy when their voice needs to be heard
- Signposting to other relevant agencies

