Do you care?

Information for young carers living in Essex

Many young people don’t see themselves as carers. As a result, they may be missing out on essential parts of their life, or not realise that there is practical help and emotional support available in Essex.

Don’t think this guide is for you?
Who is a young carer?

Young carers are children and young people whose lives are in some way different because they provide care, assistance or support to another family member. The person they care for is often a parent but could be a brother, sister, grandparent or other relative. A young carer may be dealing with a range of situations, such as disability, chronic illness, mental health difficulties or problems with drugs or alcohol misuse.

Caring for other people at home can affect how you feel, and how much free time you have. If you are still not sure if you are a young carer read the stories in this guide. These are the lives of ordinary young people, about your age, caring for people in various ways... could this be you, or someone you know?
**Know your rights**

This section talks about rights to benefits and services. To get either of these for yourself, the person you care for or your family, you will need something called an ‘assessment’.

A number of different people can carry out assessments. These include personal advisers from Connexions, education welfare officers, social workers, benefit advice workers and nurses.

Social Care staff are required by law to carry out an assessment before they can provide any support. They can become involved for a variety of reasons; to help people with mental health, drug or alcohol problems, children not attending school, or people who are in hospital or in a hospice (a place where patients with life threatening illnesses are treated).

**All children and young people have rights:**

It’s the law!

It’s YOUR right to:
- Be able to take a break and enjoy leisure time
- Have an education
- Be heard, listened to and believed
- Be protected from physical and psychological harm
- Have privacy and respect
- Information and advice
- Health and social care
- Be consulted and fully involved in discussions which affect your life

**For example:**

A person with physical disabilities might be assessed by the Physical Impairment team to find out exactly what help they need.

This could mean providing equipment in their home, such as handrails, or arranging for someone called a home care worker to help out with shopping, getting in and out of bed, dressing or cooking.

**Your rights as a young carer**

Carers of all ages have a legal right to have a personal assessment at the same time as the person they care for is being assessed. This right is provided by a law called the ‘Carers (Recognition and Services) Act, 1995’.

If you are a young carer aged 16 or over, you have the right to have your own assessment, whether the person you care for is being assessed or not. This right is provided by a law called the ‘Carers and Disabled Children Act, 2000’.

If you are a young carer aged under 16 your assessment is carried out under a law called the ‘Children’s Act, 1989’. You are then described as a ‘child in need’ and your assessment is carried out by someone from the ‘Children’s Services’ team. Your assessment will look at the things you do and how they affect your development. Children’s Services can provide help for you and your family to make sure that your development is not affected by being a young carer.

**Katy’s story**

Katy looks after her mum who has multiple sclerosis and is in a wheelchair. She sometimes has to miss school to stay at home and look after her mum. As a result, she is falling behind in her schoolwork.

Katy’s mum contacted Social Care and a social worker from Children’s Services came to assess both her and Katy. Mum now has home carers coming in every day to help her manage at home. This means that Katy can now go to school and is also receiving help to catch up with her studies.
Remember:

1. Most of the time adults in authority will not share your personal information with anyone. They will respect your privacy, and ensure your details remain confidential. However, if you give your permission, and/or tell them that you or someone else are in danger or being harmed in some way they will pass information on to others in order to protect you.

2. Don't bottle things up. Let other people know if things are starting to get on top of you, or if you are feeling stressed. Find someone you can trust and feel comfortable sharing your feelings with, such as a friend, neighbour or teacher.

3. There ARE people out there who can help you, but they may not realise what you are going through if you don't tell them what's happening at home.

4. You are entitled to plan ahead and have goals for the future like anyone else. You don't have to try and work out how to achieve them by yourself. Essex County Council and other organisations can help you make plans for the person you care for, as well as for yourself.

5. You may not see yourself as a young carer. In your opinion you are just a brother, sister, daughter or son, helping a loved one who is having a tough time. To you it could be part of your ‘normal’ routine, and something you accept as part of everyday life. Besides, most people would help someone with an illness, or a problem, wouldn't they?

   As a carer you have a choice about the jobs you do or would prefer not to do. Don't be afraid to ask for help - or to tell someone if you are struggling to cope.

6. Make time for yourself, doing what you want to do. Talk to someone at school or college about any difficulties you may be having there because of your responsibilities at home. They may be able to arrange for some support to help you out e.g. extra time for homework.

7. Talk to your family about your hopes and dreams and how you might achieve them. Speak to an adult you trust about how to find the support you need. Never give up on your future dreams because of what you are doing now.

   If you're not sure how to get help, or who to ask, contact your local young carers project listed on the following pages.

8. Everyone has the right to an education and to go to work and you are no different! You don't have to be the main carer for the rest of your life.

   If you don't tell anyone about what you do at home, they will not be able to help you. This is also very important if you are being picked on or bullied by people who think you're different because you are a young carer. You should never put up with bullying.

   Speak to a teacher or a manager who can put a stop to it. Talk to your family about what you can all do to help you get the education, training and career you want.

9. An assessment is a way of gathering information to find out what help someone needs or is entitled to.

Please see following pages for local contacts if any further information is required.

www.essexyoungcarers.co.uk
Basildon Young Carers consists of 2 groups, aged between 8-18, that meet up on alternate weeks, one week primary (8-11) and one week senior (12-18).

Young Carers are for young people who have a caring role in their lives. Their responsibilities could be a parent, grandparent, sibling or even a close friend.

Young Carers has been set up to support children and young people between the ages of 8-18 years who may take on a caring role at home. The project aims to provide respite and social development opportunities as well as ongoing support via a multi disciplinary team. All our staff have been CRB checked, this is a police check.

Our groups meet bi-weekly from 5.30pm to 7.30pm at Downtowner Youth Centre in Wickford. Basildon Young Carers is primarily Basildon District Council, which includes Billericay, Wickford, Pitsea and Vange, but we can help with transport too! Our Basildon Young Carers enjoy activities such as:-

- Arts & Crafts
- Dance
- Drama
- Outdoor Games
- Seasonal Activities
- Pool
- Food Hygiene
- I.T & Wii
- Life Issue Workshops
- Plus Lots More!

To become part of Basildon Young Carers, a CAF (Common Assessment Framework) form or Young Carer assessment form would need to be completed for approval onto the Young Carer programme.

We are open all through the year, except bank holidays and Christmas. During school holidays, we arrange trips and special activities, for example:-

- Bowling
- Stubbers Adventure Centre
- Spymasters
- Drama Workshop
- Local Artist Project
- Cinderella Pantomime

The Young Carer staff are professionally trained, and are a friendly and caring team. Whilst having fun and making new friends, the Young Carers can talk to our team of staff with ease.

At Basildon Young Carers, they can have access to Counselling, Connexions and Advocacy, supporting young people and helping them speak out.

Basildon Young Carers have the opportunity to gain accreditations, a variety of qualifications and certificates.

For more information, please call our local office on 01268 632252, or contact Gina Stickings by e-mail, on info@basildonyoungcarers.co.uk

Contact details

Contact: Gina Stickings
Address: South Area Office The Knares Basildon Essex SS16 5RX
Telephone: 01268 632252, or contact Gina Stickings by e-mail, on info@basildonyoungcarers.co.uk

Meeting Night: Monday
During the summer holidays Doreen, Billie and Val braved the elements to take the young carers for a day out at Bradwell Sailing Club. They got blown away by the experience of going on a speed boat! And also learnt to sail.

The young carers took the controls of the speed boat, and learnt to unfurl the sails of a yacht, everyone had a turn.

They sailed from Bradwell to Mersea where they had lunch by the pier.

After lunch the young carers had a go at crabbing which proved quite competitive with who caught the biggest Crab!

The day had been fun and adventure all the way and everyone enjoyed themselves, the sea air had worn everyone out and the coach journey home was a quiet one!

We currently offer our support for young carers between the age of 8-18 years which is split into two groups one from age 8-12 and the other age 12-18. The groups meet on alternate Tuesday evenings from 5-7pm at a local youth centre. The facilities are fantastic with the use of an art room for creative work, musical instruments including a drum kit and electric guitars and outdoor space for a bit of footy or games.

Our young carers enjoy using our games consoles including playstation 2 and recently we have purchased a Nintendo Wii. Every young carer has the opportunity to engage in activities that appeal to them individually and with such a wide range of activities offered there is something for everyone.

Many of our young carers just enjoy to be able to come to the centre and have the opportunity to just chill out with friends and have a break.

At the Tuesday evening meet we also provide a light evening meal and drinks.

As well as the group meet we go on outings which have included Thorpe Park, London Dungeons, water sports, zoo and theatre trips in the past, to name but a few. For the future we have many more exciting trips planned for the next term and year including the possibility of a residential trip during the half term of 2009.

New Team leader For Braintree Group

The Braintree young carers said a sad farewell to their team leader Teri in September.

Now on board is the new team leader Clare Reeve who intends to continue Teri’s good work and has many new and exciting ideas.

Clare would just like to say a “BIG thank you” to all the Young carers who have made her feel very welcome.

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Hi Everyone

Just to give you all an update on what has been happening at the Brentwood Young Carers Group. We have had a few changes recently, with us now having three groups instead of two due to an increase in numbers. Each group is still meeting on a fortnightly basis and this seems to be working well as the feedback from the young people seems positive.

Our older group meet at the Hermitage Site in Brentwood Town, fortnightly, Thursdays from 6 pm until 8 pm. The younger groups meet on the same day and at the same time but at the Walter Boyce Centre in Warley.

As usual we have had many activities over the past six months ranging from bowling, cinema, trips to Pizza Hut, Izumi (Chinese restaurant), Christmas parties, local pantomime (Princess and the Pea), which was very funny. We also visited Madison Heights which is an activity centre in Maldon. This trip was funded by Essex County Council.

With grant money that we have received from True Colours Trust, the older group went to see the London show Hairspray.

We had one of our young carers, Shaun Disbury running the Fun Run for Crossroads on Sunday March 15 2009. Shaun did very well coming in 8th place in the younger category and first out of all the other sixteen year old boys. His overall position was 14th out of 714. We have received nearly £1000 in sponsorship money.

To celebrate Carers week this year, on Sunday 14 June 2009, we will again be repeating our popular family trip to Adventure Island. This day out is for all the family where all costs are met by Essex County Council.

We received a cheque for £1000 from the High Sheriff Award recently for working with young people and helping to reduce crime and then went on to win overall category from Essex County Fire and Rescue Service.

If you are a young carer and you are interested in coming to our club please contact me on 01277 201789 or 07754220352.

Lorraine Cook
Young Carers Project Manager

Contact details
Contact:
Lorraine Cook
Address:
Brentwood Crossroads
1-2 Seven Arches Road
Brentwood
Essex CM14 4JG
Telephone:
01277 201789
Email:
info@brentwoodyoungcarers.co.uk
Meeting Night:
Thursday
We provide support for children who care or help care for a relative who has a physical or learning disability, a long term illness or suffers from substance misuse. We currently support about 60 children.

We provide a drop-in youth club once a week which the young carers attend. We take the children out once a month to different venues, such as cinema, bowling, ceramic painting etc... This gives the children a chance to do things that some may not be able to do due to their home life, it gives them respite away from their caring roles and gives them the chance to just be a child. We also offer them weekend breaks which gives them a whole weekend of respite.

Thursday Drop-In
We also offer a Drop In for the Young Carers to come and enjoy the youth club style facilities that we have. Young Carers can come and play games such as pool, table tennis, interactive computer games, relax, play music, receive one to one support or just generally have fun.

How does “Crossroads Kids” help?
By giving individual help and support.
By liaising with other agencies to provide additional support where appropriate.
By working with schools and other agencies to provide knowledge as to the needs of the Young Carers.
By providing respite from their situation either by providing a support worker in the home helping with cooking, ironing etc or by offering the opportunity to go out with a group of young carers. They go bowling, to the cinema, play laser games, etc.
By trying to give them back their childhood.
By providing a weekly drop-in facility at the Carers Centre, where they can relax and socialise, play pool, watch videos and use the computers.
By providing weekly homework sessions where they can do their work in a quiet and relaxed atmosphere.

Monday Outings
Every Monday we take out a minibus full of our Young Carers for an evening activity. Each child can go out once per month. Activities during the year have included bowling, megazone, Skate Park, kite flying, badminton, ceramic arts, cinema and various outdoor activities. All the children got stuck in with their usual enthusiasm, having a great time.

It’s all about the Young Carers getting the chance to go out with other children known to the project, who have similar situations and problems. They have fun, and can be a child for the evening instead worrying about their responsibilities.

Drama Club
We also have a Drama Club for our young carers. This year, several of our Young Carers successfully completed examinations this year, from LAMDA (London Academy of Music & Dramatic Arts). This is a tremendous achievement.

Adventure Island and Madison Heights
During Carers Week we went as part of a huge event to Adventure Island. All Young Carers in Essex and their families were given the opportunity to take part in this day. Lunch was provided along with wristbands that entitled them to unlimited rides, the sun was shining and everyone had a great day.

A similar event also took place at Madison Heights. Once again, this was a great opportunity for all Young Carers to get together and have fun.
Venue: Galleywood Youth Centre

Time: 6pm - 8pm.

Activities Include: Football, Ball games, Quizzes, Workshops such as recycling, drug awareness and first aid, Dancing, Playing on the Wii and Dance Matt, Card Making, Bag decorating, Outdoor games, Oregami, Paint a pig, Easter egg hunts, Halloween party, Fancy dress evenings, learn to cook, chalking, animal roadshow, face paints, young carers got talent show and lots more.


We are a fun, friendly group who understand what it feels like to be a young carer. We try to do all sorts of activities so that everyone who comes feels welcome and enjoys the session and what it offers. As a group we also have a star chart where good deeds are acknowledged and we also have a key worker scheme where each young person is allocated to a member of staff if they have any issues they wish to raise.

Our session provides young carers with a break away from their daily lives and a chance to try new things and enjoy themselves. We love new people and new ideas.

Contact details

Contact: Emily Fisk
Address: IYS Mid Area Office
Chelmsford Connexions
Chelmer Gate
193 –196 Moulsham Street
Chelmsford
Essex CM2 0LG
Telephone: 01245 706862 or 01621 851640
Email: info@chelmsfordyoungcarers.co.uk
Meeting Night: Monday

www.esseyoungcarers.co.uk
Chelmsford YMCA's young carers group is aimed at 'transitional young carers'. This means that we're for young carers aged 13 and over, and we focus especially on the transition into adulthood.

We meet as a group once a week at the YMCA for three hours – this time normally includes dinner, organised activities and time for socialising. Throughout the evening, we have pool, table football, an Xbox 360, a Nintendo Wii, and internet-ready computers available.

Some example of past organised activities:
- Arts and Crafts
- Music workshops
- Drama workshops
- Fashion nights
- Quizzes
- Cooking

We also do a few trips out most terms; for example cinema visits, paintballing, theme parks, meals out, and there's plenty more in the pipelines!

Occasionally, trips out and special workshops will cost a bit of money, but were possible, we try to make sure that everything we do is free.

We try our best to listen to the young people, doing the activities that appeal to them! So all of the ideas above were suggested by young carers; the leaders just organised them.

There are plenty of educational opportunities. We've done workshops on Wednesday nights on the themes of drug/alcohol awareness, sexual health, politics, equal rights, HIV&AIDS, and more. The YMCA runs a full-time OCN-accredited course for young people who aren't in school or work, to help them build on the things that they're already into, or want further training in; for example, child care, literacy, numeracy, or healthy living.

Please get in touch if you're interested in the group and you live in Chelmsford or the surrounding area.

Contact details

Tim Leeson
Chelmsford YMCA
Victoria Road
Chelmsford
Essex CM1 1NZ

01245 354873
info@chelmsfordyoungcarers.co.uk

Meeting Night:
Wednesday (14 – 18 only)

www.esseyoungcarers.co.uk
We meet at the Town House, 39-42 Stockwell Street, Colchester, Essex, CO11SS, bi-weekly on a Wednesday from 5-7pm. Activities include key skills in the kitchen, where the young carers are learning cheap, simple, healthy meals that they can cook at home, pool competitions, football matches, they are also practising their own dance routines to put into a mini show, art activities, small groups have been attending a workshop where they are learning how to make leather belts. The young carers are dealing with a lot of issues, so we have group time and one to one sessions to discuss these issues. We have 36 young carers that attend on a regular basis but numbers are rising weekly.

The trips we have enjoyed last year.
We went on some fantastic days out last year we went to soaring heights on the London Eye, the Young Carers even got to see the building work of the new Olympic stadium along with Buckingham Palace. After a picnic in the park we enjoyed the very unusual street performers and free runners. We also have been to Madison Heights trying our hand at Bowling and Quasar; I am now ready to join the Army with the coaching of the Young Carers. Our social calendar has been packed with a trip to Clacton, The Natural History Museum, Adventure Island, Panto, and we joined other Young Carers groups for a game of cricket. We can not forget our marvellous slap up Christmas dinner for us all, and yes guys that did include all the trimmings.

What’s to come?
It not slowing down this year we have a happy hair days where we are all enjoying a day of pampering lunch and games getting us ready for a day out to the cinema and picnic in the park. We are also going to Harwich, Colchester Zoo, Braintree Discovery Centre, Adventure Island family day and lots more.
During club night we are kindly being visited by the army to run us though our paces and the St Johns ambulance are teaching us some important essentials in first aid. We are currently planning our summer party with on going work towards our family event fashion show.

What else you may expect
You can expect a really warm welcome from all the members of the Colchester Crew before the first night is done you will be well and truly part of the group. You can chill on the sofas playing the Wii or play station, be cooking in the kitchen, trying your hand at one of the art activities, playing football or basket ball, playing pool or simply chatting to the other members of the group or one of the friendly staff.

If there is anything you can’t do at home due to your current situation and would love to try, let us know and we will try our hardest to make it happen. The night is for you!!!!

Contact details
Contact: Marie Perry
Address: Action For Family Carers Brickhouse Farm Community Centre Poulton Close Maldon Essex CM9 6NG
Telephone: 01621 851640
Email: info@colchesteryoungcarers.co.uk
Meeting Night: Wednesday

Essex Young Carers Support Groups: Colchester Young Carers
www.esseyoungcarers.co.uk

20 Do you care? 2009
Crossroad Young Carers Group

Crossroads Young Carers Group is run on a weekly basis for young people who have the responsibility for looking after someone in their own home. This could be a parent, grandparent or a sibling.

The age group is from 8 to 18.

The group is run weekly on a Wednesday at The Loughton Centre for Young People in Loughton from 17.30 to 19.30.

We have two groups, 8 to 12 years old and 13 to 18 year olds running on alternate weeks.

At present there are 26 young carers within the group, but we will look forward to meeting and helping further young people.

Our young carers enjoy activities such as cooking, arts and crafts, card making, computer games, outdoor games, singing and dancing and quizzes.

We have fully trained friendly care staff who are always available to talk and listen to any problems you may be having.

We also arrange trips out during the school holidays. Some places that we have visited:

- The London Eye
- The Rainforest Café
- Colchester Zoo
- Chessington World of Adventure
- Southend
- Pizza Hut
- The Cinema
- Thorpe Park

If you feel you would like to join our Young Carers Club for fun and making new friends, and you are looking after someone at home, then please call for some more information.

All are care staff are CRB checked – this is a Police check. They also have training such as:-

- Pead First Aid
- Food Hygiene
- Manual Handling
- Child Protection
- Medication
- NVQ 2
- Health & Safety

Routinely checks back with our users!

Funded by E.C.C. Youth Services

For help from Epping Young Yarers Group, Crossroads, please contact our Team Leader Louise Child on 01992 572557.

Our office hours are 9.00 a.m. – 4.00 p.m. Mon – Fri. Young Carers Mobile 07958 016967

Contact details

Contact:
Louise Child

Address:
United Reform Church
Lindsey Street
Essex CM16 6RB

Telephone:
01992 572557

Email:
info@eppingyoungcarers.co.uk

Web:
www.eppingyoungcarers.co.uk

Meeting Night:
Wednesday

Funded by E.C.C. Youth Services
EYPDAS is a project of The Children’s Society. They are charity run and believe that every child deserves a good childhood.

We are a service for anyone up to the age of 19 and living in the Essex area (except Thurrock and Southend) having problems with their drug and alcohol use.

If there are problems in your life that you think are causing you to turn to alcohol and drugs then we can also try and help you with this.

We offer an open-access drop in service to all young people and their families, which provides information and support between the following times:

**Opening times:**
- Monday 12-4.30 pm
- Tuesday 12-4.30 pm
- Wednesday 12-7 pm
- Thursday 12-4.30 pm
- Friday 12-4 pm

We also have a helpline service during these times – 01245 493311

We also have an under 19’s needle and syringe programme, (assessment needed)

We are a c-card outlet and offer Chlamydia screening.

We also have leaflets on drugs/alcohol.

Our service is completely free and confidential.

Our services consist of the following:

- **The Outreach team.** Their role is to do community based advice, information and education.
- **The counselling team.** They provide one to one support for young people. They visit the young people wherever they feel most comfortable.
- **The Offender Related Services (ORS).** They work with young people who have been involved in the criminal justice system.

A specialist mental health and substance misuse worker. Her role is to link in with mental health services throughout Essex and provide one to one support with young people.

The training team. Their role is to offer substance misuse and alcohol training for professionals who work with young people.

**What we can do for you**

We offer support, advice, information and a variety of different ways to help you work through your drug/alcohol use.

**What if I want to speak to someone on my own?**

You can see one of us on your own or an adult of your choice can be present. However, we would prefer to see you at some point on your own so that you can talk about things you may not wish to talk about in front of someone else. You can also bring a friend along, but we will ask them to wait outside, unless they wish to see us for their own reasons.

**Information for parents, relatives and carers**

Our main client group is young people, however we are happy to talk to parents about their concerns but will not discuss their child if we are working with them, due to Confidentiality.

**How do I get to see somebody? (Referrals)**

We accept referrals from the young people themselves, their parents, carers, teachers, doctors, social workers etc.

They can do this by either filling in a referral form, which you can get from our office, or by phoning us and we can either post/fax/e-mail one over to you for you to fill in and send back to the following address: 114 Springfield Road, Chelmsford, Essex, CM2 6LF

Young people can also come straight in to see someone at EYPDAS and a colleague will go through filling in the referral form with them.

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**Contact details**

**Contact:**
Mark Munday

**Address:**
114 Springfield Road
Chelmsford
Essex CM2 6LF

**Telephone:**
01245 493311

**Email:**
eypdas@childrenssociety.org.uk

**Meeting Night:**
Monday, Tuesday, Thursday and Friday 12 - 4pm
Wednesday 12 - 7pm

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www.esseyoungcarers.co.uk
Siblings Support Group  
(KIDZSPACE)

Fun activities for brothers and sisters (age 8+) of a child with a disability or special needs

A chance to take time out, on a monthly basis (usually the last Friday of the month and some days out during the holidays) and have space outside the home environment, to enjoy their childhood, have fun, make new friends, value and share own skills, learn from others and develop new skills to enhance ‘social learning and life skills’

Opportunities to meet through a variety of planned activities across the county (developed in response to user feedback) e.g. outings (social, leisure, arts & culture), bowling, theatre/cinema, indoor and outdoor pursuits involving physical activity and team building and opportunities for personal development.

“I think it is really great because there are loads of people, who are there to talk to. They understand your brother or sister’s disability”.

“It is a really good idea because it is hard to take a disabled child out. Kidzspace gives us a chance to be ourselves, be understood and accepted”.

Families InFocus (Essex) is a registered charity no. 1062311 and a limited company registered in England and Wales no. 3287829. Registered Office: Lancaster House, 140 Mildmay Road, Chelmsford, Essex CM2 0EB.

Contact details

Contact:  
Jo Sapstead, Kidzspace Project Leader  
Address:  
Lancaster House  
140 Mildmayes Road  
Chelmsford  
Essex CM2 0EB  
Telephone:  
01245 353575  
Email:  
jo.fif@btconnect.com  
Meeting Night:  
We meet regularly during school holidays  
Website:  
www.familiesinfocusessex.org.uk

“Fun, exciting, fantastic and wonderful”.  
“Somewhere to have fun, where you can chill out and visit new places”.

Contact:  
Jo Sapstead, Kidzspace Project Leader  
Address:  
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www.esseyoungcarers.co.uk
Caring For Harlow Carers

Young Carers Youth club runs weekly during term time on a Tuesday between 6pm-8pm
1 week for 8-12 year olds, 1 week for 12-18 year olds. We meet at The Xperience Centre in Harlow. Transport can be provided if needed.

About us

At Harlow Young Carers we understand that being a young carer means you may need a break sometimes and an opportunity to mix with other people your own age. To help with this our weekly youth club offers a range of activities: sports, cooking, arts and crafts, games, pool and table tennis to name a few. Our young carers are very much involved in deciding how the club is run and the activities they may be interested in taking part in.

We also try to offer trips during school holidays. Some examples of where we have been this year are: trip to Thorpe Park, theatre in London, Paradise Wildlife Park, roller skating and the cinema.

“The young carers youth club is good because you get to hang out with people your own age who are like you”

“You feel good when you’ve done something for the disabled person in your family”

Contact details

Contact: Helen Kenny
Address: Caring for Harlow Carers
           3 Wych Elm
           Hamstel Road
           Harlow
           Essex CM20 1QP
Telephone: 01279 308314
Email: info@harlowyoungcarers.co.uk
Meeting Night: Tuesday

“Being a young carer is like being part of a team”
Youth Club

Maldon Young Carers meet every other Tuesday night at the Maldon Activity Centre. We run from 5.30 to 7.30. We have a number of activities on during the evening; these include music, computer access, Wii and Xbox, art, cooking and group games.

We try to offer a range of opportunities for our Young Carers and if they want to try something, we do not normally do. We are always open to ideas and do our best to put them in place.

Our Young Carers come to our club to give them a break from their caring role at home. For some Young Carers they have hands-on role at home and for others the club is an emotional break from family life.

Workshops that we have run during the holidays

The Young carers have taken part in a number of workshops during the summer, which will go towards accreditations for those who participated.

There was a Dance and Drama Workshop and alongside that a video workshop was also done. The Young Carers filmed the dance and drama workshop. Young carers in Maldon hosted a Kwik Cricket tournament day inviting Young Carers from Colchester, Rayleigh, and Southend.

We also had a leather workshop going where our Young Carers made belts with Bernard from healthy living in Southminster.

Trips that we have done so far

During the summer, the Young Carers went to the London Eye. This was the big trip for our Young Carers. As a group, we aim to go on at least one day out, a holiday if not more. We went to Clacton Pier during half term and we went to the RNLI Lifeboat Station as well. We had a tour and a talk on beach safety.

Schools and Young Carers

I have been raising the profile of Young Carers in schools within Maldon Primary Schools, by doing lessons with the children and I have been doing assemblies as well.

They have gone really well. I’ve had a few children that have come forward and disclosed what is happening for them at home. We also have Marie who works in the local senior schools. The Lower and Upper Plume and St. Peters. Marie has developed a good relationship with the schools and works on a one to one basis with Young Carers that have been identified by the school either once they have started or are registered already with us.

Christmas plans

We are planning a Christmas extravaganza! We are going to have a Christmas dinner with all the trimmings and yes that means Brussels sprouts as well. We are then going to have a pub style quiz getting all our Young Carers in to teams to answer a series of questions and our quizmaster will be Jan from the Youth Service.

Plans for the future

Young Carers and Brosis are going to work in partnership to run a grub club at Brosis in Heybridge. We will be cooking a variety of different meals that will be themed each week once the cooking is complete we will be sitting down to try all we have cooked. Can’t wait!

I am also planning to do some outreach work with Young Carers that are living in village’s surrounding Maldon. I am going to begin at one place in Burnham and then look to going in to the surrounding villages for example Tillingham and Bradwell.

Contact details

Contact: Sam Harris
Address: Action For Family Carers
Brickhouse Farm Community Centre
Poulton Close
Maldon
Essex CM9 6NG
Telephone: 01621 851640
Email: info@maldonyoungcarers.co.uk
Meeting Night: Tuesday

www.esseyoungcarers.co.uk
Carers Support Service provides information and advice for family & friends who provide support to someone of working age, who lives within North Essex, who is receiving or is eligible to receive a Mental Health Service under the Care Programme Approach (CPA).

The small friendly Team of Carer Support workers provide:

- Advice for Carers and Trust staff regarding Carers Assessments.
- Information regarding benefits, short-term breaks, local carer support services, Carers groups and Carers direct payments.
- Support for Carers and Trust Staff, providing a signposting service to other agencies or Community Services that offer Carer Support.

Although we mainly work with adult carers, when we do identify a young carer we ensure that the contact details for the local young carer group are passed to the family for them to pursue should they wish to.
How Does our Project help Young Carers?

**Group Sessions** - Rayleigh and Rochford. The sessions provide Young Carers with a break from caring and give them the opportunity to meet other Young Carers. Fun and educational activities, such as art, cookery, horse-riding, megazone, bowling, circus skills and many other trips out and access to advice and information. The educational visits include police, fire, and library services.

**Young Carer Council** - To help us make decisions on support for Young Carers. To link to Rochford District Youth Council and Essex County Council Young Carer Council and Young Essex Assembly.

**Counselling** - One-to-one support.

**Leisure** - Access to free leisure passes.

**Support Groups** - We are in the process of liaising with senior schools with a view to providing support for Young Carers within the school.

We work very closely with our partners including TASCC, Extended Schools Partnership, Schools, Child Protection and Assessment and Children with Disabilities and Health by liaising with them and providing knowledge as to the needs of the Young Carers.

**Referrals**

Referrals can be made by both professional bodies or the Young Carers and their families. For further information and advice, please contact the Project Leader, Marion Horsley, who can arrange a home visit/assessment.

Funded and supported by Essex County Council, Integrated Youth Service and Castle Point & Rochford Children and Young Peoples’ Strategic Partnership.

Working in Partnership with Wishing Well Children’s Centre.

**Additional funders:**

- Youth Opportunities Fund
- Children in Need
- Jack Petchey Foundation
- Happy Days
- Cameo Group, Holy Trinity Church, Rayleigh
- Holy Trinity Church
- Health for All
- Crime and Disorder
- Cllr Mavis Webster, Chairmans Charity, Rochford District Council
- Wheelz
- Rochford Folk Dance Group

Above all we try to give them back some childhood

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Funded and supported by Essex County Council, Integrated Youth Service and Castle Point & Rochford Children and Young Peoples’ Strategic Partnership.

Working in Partnership with Wishing Well Children’s Centre.

**Contact details**

**Essex Young Carers Support Groups:**

**Rayleigh & Rochford Young Carers**

**Contact:**

Marion Horsley

**Address:**

132 High Street
Rayleigh
Essex SS6 7BX

**Telephone:**

01268 772796

**Email:**

info@rayleighyoungcarers.co.uk
info@rochfordyoungcarers.co.uk

**Website:**

www.rravs.org.uk

**Meeting Nights:**

Rayleigh:
Primary every other Wednesday 5.00pm to 7.00pm
Seniors every other Monday 6.30pm to 8.00pm

Rochford:
Primary every other Tuesday 5.00pm to 7.00pm
Seniors every other Tuesday 5.00pm to 7.00pm

Hosted by:

Rayleigh, Rochford and District Association for Voluntary Service
Registered Charity No: 1113433
Company No: 05447356

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- Rochford Folk Dance Group

For further information, please contact Marion Horsley, who can arrange a home visit/assessment.
Young Carers remain at top of SEPT agenda

Carers are at the top of the agenda at South Essex Partnership University NHS Foundation Trust (SEPT). We're part of the NHS that provides mental health and learning disability services to south Essex. SEPT knows all about the responsibility many young people carry looking after a relative who has an illness or disability.

It is estimated that more than 26% of young carers in Essex is looking after a relative who has mental health needs. But many are hidden. Mental ill health is more common than asthma and one in four people in the UK will experience a mental health problem and has many causes. The stigma that sadly still surrounds mental health means that people do not always seek help and may suffer in silence. For carers and young carers of people with mental ill health it sometimes means a ‘double whammy’, as they do not always feel able to talk about their experiences because of the fear that they may be seen as different or bullied.

The Trust recognises the need to support young carers within the context of the whole family and realise that to often the needs of the young carer can be missed out. Young carers also feel that professionals do not always recognise their need for information on the health condition of the person they care for, or where to go for support or what to do when there is an emergency.

The Trust has enlisted the enthusiasm and expertise of our Young People's Participation worker and a group of young carers to help write a local information pack for young carers. Aida Aliu who is a joint Trust/ Barnardo's appointment works with the Child and Family Consultation Service in Basildon and one of her objective is to set up a group of young service users and carers to comment on material, including national leaflets, making sure they are good enough for south Essex!

Aida has been meeting with young carers to talk about age-friendly information explaining the various mental health conditions and information about services. She will be working with young people on developing a Young Carers Help Card.

The Trust is part of the national Time to Change Campaign aimed at tackling the stigma surrounding mental health and has worked with a number of schools and colleges to talk to young people about mental health. This also provides the opportunity to identify young carers.

The big event - The Happening - was held at Southend United Football Club on 4 February 2009. The centrepiece was over 200 people holding up their part of a huge poster that said, “Let's Tackle Stigma” on one side and “Time to Change” on the other.

The Trust has also produced a DVD on Eating Disorders with South East Essex College to raise awareness and to help create a better understanding of how the illness affects the whole family.

‘They think I'm different – I am’: is a DVD that was produced with local school. It shows a play performed by students at Woodlands School in Basildon. The Year 10 students wrote the play themselves about people's attitudes to mental illness and they performed it at SEPT’s Quality Awards in October 2008.

To find out more about the Trust's work on tackling mental health stigma or how to get involved to help make a difference you can contact Mike Waddington, Head of Patient and Public Involvement 01268 491353 or 07966 046801 or mike.waddington@southessex-trust.nhs.uk or by writing to Mike using this freepost (no stamp required) address: FREEPOST RRKA-YCEJ-ZXHK PPI Dept SEPT Pride House Christy Close Laindon Essex SS15 6EA

For more information, please contact Elliott Spiteri Communications Officer, on 01268 491378/88 or email elliott.spiteri@southessex-trust.nhs.uk

Contact details
Contact: Carla Fourie
Address: Pride House Christy Close Southfields Industrial Estate Laindon Essex SS15 6EA
Telephone: 01277 239169 Mobile: 07973 307128 Email: carla.fourie@southessex-trust.nhs.uk

www.esseyoungcarers.co.uk

South Essex Partnership University NHS Foundation Trust
The group meets every fortnight on Wednesday evenings from 6-8 in term time and during School holidays we go out on day trips. Once a month we meet at the Green Lodge where we do a mixture of the following:

- Cookery
- Make Overs
- Badminton
- Wii Games
- Internet
- Ball games

We usually have a selection of food to make sandwiches at these evenings but sometimes we have a take away bought in such as Chinese, fish and chips and pizza, these evenings usually go down well.

The activities we have done this year include the following:

- Ice Skating
- Roller Skating
- Quazer
- Bowling
- Colchester Zoo
- Horse Riding
- Restaurant Night
- Lion King Show
- Walton Pier
- Southend Adventure Island

Things we have coming up include a day at Stubbers Adventure Centre where the children will do quad biking, rifle shooting, banana rides on the river and bell bottom rafting. We also have paint balling for the over 12’s.

Three of our Young Carers took part in the Mersea Football Festival and with the help of three other young carers managed to win the trophy. Our three winners were: Mark Brown, Danny Jones and Jordan Brown.

So far we have had a great year doing a selection of different activities. Essex County Council supply us with our main grant and this year we have had support from both of our local Rotarian Clubs who have given us a donation and also paid for the Colchester Zoo trip.
Are you helping to look after someone?
If so, this group may be for you! Read on to find out if you can come along and enjoy loads of FREE activities and trips away...

What does Friday Club offer?
Fun, interesting and free activities
Exciting free trips away
A safe and supportive place to be
The chance to make more friends
The chance to meet others in similar situations who help look after someone and who also have special responsibilities.

To have fun and relax

Who is Friday Club for?
Anyone aged 8 – 18 who lives in Uttlesford area of North Essex and who helps to take care of someone (usually family - maybe a parent, a grandparent, a brother/sister) who has health difficulties (physical or mental), or has difficulties with alcohol and/or drugs use.

Where?
Trips away are part of ‘Friday Club’ but the regular venue is:
‘The Croft’, Audley Road, Saffron Walden, Essex CB11 3HD

When?
Friday evenings from 5.30 – 7.30pm

How much does it cost?
NOTHING! Activities and trips cost nothing and free transport can always be arranged.

Who runs the group?
Young members and adult support workers are involved with choosing and planning activities and trips away.

Contact details
Contact:
Team Leader
Address:
Fairycroft House
Audley Road
Saffron Walden
Essex CB11 3HD
Telephone:
01799 523645
Text:
07747 486070
Email:
info@uttlesfordyoungcarers.co.uk

Meeting Night:
Friday

www.esseyoungcarers.co.uk
Essex Young Carers Support Groups:

Uttlesford South Young Carers

Uttlesford Young Carers
8-12 year olds
Fridays 3.30 – 5.30pm
Tea supplied
Arts, Crafts, Sports, Nintendo Wii, Games, Trips.

Uttlesford Young Carers
13-18 year olds
1st and 3rd Mondays in the month 7 – 9pm
Theatre trips, Gigs, Bowling, Cinema, Residential, Meals out, DVD evenings, Skating, Social evenings.
Both at Dunmow Youth Centre, free transport available if required.

Contact details

Contact:
Linda Barnes
Address:
Uttlesford South TASCC Team
Twyford Court
High Street
Dunmow
Essex CB6 1AE
Telephone:
01371 873156
Mobile:
07920 466923
Email:
info@uttlesfordyoungcarers.co.uk
Meeting Night:
8-12 year olds - Friday
13-18 year olds - Monday

Answers for everyone on just about everything at
www.esseyounglife.co.uk