

Case Study: James is the sole carer for his mother, who has severe epilepsy and is dyslexic. He is required to help with daily living duties and with reading and writing of correspondence with a range of services.

Actions taken: Referral to benefits advice service, Counselling, CES for new tablet, Impact Workability re employment

Outcome:

Received tablet to stay in contact with friends and order food online. Increased awareness of local services. Received advice on how to challenge PIP application.. Began to access carer groups.

Impact: Improved carer confidence and personal independence as carer was successful in gaining employment and very pleased to be earning money. Increased social interactions.

Young Adult Carers known to CSWS

327 Young Adult Carers registered

87 new registrations in 2022

41% caring from someone under 65 with long term conditions

14% caring from someone with Mental Health

61% Young Adult carers have self referred

Direct Support in 2022

147 YACs had direct contact

322 hours of support given

5 x Carer Awareness in Colleges - 60 staff attended

Carer Awareness with GP practices

Discussion with Chichester Uni re YCs and further education

Young Carers Partnership: The YCP between CSWS, Sussex Clubs and the WSCC Young Carers Team is now established and successfully delivering group support and activities to young carers. The partnership utilises the skills and experience of the three organisations, with CSWS able to fund raise to bring additional income to the work with young carers towards funding the 11-16 year old. In 2021 CSWS allocated +£20,000 of grant funded monies to the YCP and **in 2022 raised a further £24,500** to support carer groups and we have a further £140,000 of funding applications in the pipeline for the coming year.

"My Future is really helpful and has helped me to improve my confidence."

"I have been able to prepare for the future and feel more relaxed."

Carers Support West Sussex Core Offer

- 1:1 support
- Information and advice
- My Futures (16-19 yrs.)
- Free counselling
- Welfare Benefits advice
- Access to health and wellbeing grants
- Support groups & Activities
- Carer Learning and wellbeing programme
- Carers Assessment
- Hospital Discharge Support

"I feel as though all thoughts are heard and skills are inclusive."

I've recently finished my counselling sessions and they've been extremely helpful and have made a massive difference to dealing with stress. Since starting and completing the sessions I'm much better at recognising stress and dealing with it.

Case Study: Zoe is a very sociable and positive young person. She is enrolled in school and decided to join the group as she was told about it and thought it would be fun. Zoe began attending the group after the group at the beginning of the year and attends regularly.

How was the experience for the young person? Zoe has taken part in a range of activities and said she particularly likes the cooking activities, playing hide and seek and enjoyed our summer trip to McDonald's and bowling.

Zoe expressed that she has learnt teamwork skills especially from working with others in the kitchen.

She commented that group has helped raise her aspirations as she wants to work with animals so will need to talk with people and she feels she is now able to talk to people as group has helped her with her confidence and she is less shy.

What has changed for the young person as a result of being involved with young carers? When asked what new skills she had learnt Zoe again emphasized that she has developed better teamwork skills. She said she would recommend the group to others. Zoe has made a positive contribution to the group and is very helpful and supportive to the other young people in the group.

Innovation – CSWS will be launching an Individual Giving Campaign on Young Carers action Day – 15th March to support the work of the Young Carers Partnership. The campaign will be promoted via local press, radio and social media.

You only get one chance at Childhood. Help us to make sure young carers don't miss out on theirs.

