

Young Carers

in Norfolk







Version 2025 Edition

About This Guide

Purpose of this guide

The purpose of this guide is to provide more information about the support available for Young Carers in the Norfolk area. It is aimed at both parents/carers and professionals.

What You'll Find in This Guide

- | | |
|--|--|
|  Young Carer Organisations | Information on local and nationwide Young Carers organisations |
|  How to access support | Information about how to put in referrals and what support is free to access |
|  What resources YCs can access | Information on other types of resources, e.g. books, bursaries, etc. |
|  Other wellbeing support | Information about general wellbeing support Young Carers can access |

What is a Young Carer?

A Young Carer is anyone under the age of 18 who looks after a family member, partner, or friend who needs help because of their illness, frailty, disability, mental health problem, or addiction, and cannot cope without their support.

Typical caring tasks:



- **Practical tasks** E.g. food shopping, laundry, cooking dinner
- **Household management** E.g. paying bills, managing finances, etc.
- **Emotional support** E.g. listening, calming and being present
- **Physical care** E.g. lifting, helping up stairs, administering medications
- **Looking after siblings** E.g. making dinner, bathing, putting to bed, etc.
- **Personal care** E.g. washing, dressing, etc.



Examples of Young Carers:

- Mum has a physical disability and is unable to do everything around the house
- Sister has autism and needs emotional support and requires the young person to care for themselves more than is typical for their age
- Grandad has dementia and the young person has to help take care of him
- Mum and Dad are unable to speak or read English, so the young person does all of the communication

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01

YC organisations

1.1 What organisations and where?



Norfolk-wide:

- Young Carers Matter Norfolk
- The Benjamin Foundation
- Caring Together

Breckland:

- Watton Youth Group - The Benjamin Foundation
- Attleborough Youth Project - The Benjamin Foundation

Broadland:

- Taverham - The Benjamin Foundation

North Norfolk:

- Holt Youth Project - Young Carers
- EP Youth - Young Carers (Fakenham)

West Norfolk:

- The Swan Project - Young Carers (Downham Market)

Great Yarmouth:

- GGYC

Norwich:

- Pilling Park (The Benjamin Foundation)
- Marlpit (The Benjamin Foundation)
- Lakenham (The Benjamin Foundation)

Nationwide:

- Carers Trust
- Young Carers Festival
- The Children's Society

1.1a Young Carers Matter Norfolk

Young Carers Matter are a charity that provides advice and support for Young Carers in Norfolk.

What they offer:

- 1-1 or family support work
- Advice and information for both Young Carers and their parents
- A free app for Young Carers - called 'Young Carers Support App'
- Involved in a project alongside The Benjamin Foundation, providing Young Carers support to schools and in the community, find out more below

How do I access this support?

Anyone can put in a referral to this service at www.youngcarersmatternorfolk.org
This includes parents, professionals, and the Young Carers themselves

This support is free

Young Carer's Careers Advisor:

- Supporting Young Carers aged 14+
- Helping them to prepare for and access education, training or employment through the 'Routes to Work' Programme and practical support such as CV writing skills interview techniques, etc.
- Shaun Evans - 07436 301324,
Shaun.Evans@carersmatternorfolk.org



Young Carers Matter Norfolk and The Benjamin Foundation - Education and Communities

These charities are working together to improve Young Carer support and provision across Norfolk.

This includes:

- Signposting to Young Carers' support services
- 1-1 and family support
- Helping schools to improve their Young Carer provision
- Spreading awareness in the community
- Supporting youth groups and organisations to be able to identify and support Young Carers
- Running free trips for any Young Carers across Norfolk

1.1b The Benjamin Foundation

The Benjamin Foundation run several Young Carer's groups across Norfolk.

Taverham	8-17 year olds Tuesdays 6:30-8pm
North Walsham	8-18 year olds 6:30-8pm
Pilling Park	5-18 year olds Thursdays 4:45-6:15pm and 6:30-8pm
Marlpit	5-18 year olds Wednesdays 4:45-6:15pm and 6:30-8pm
Lakenham	8-16 year olds Wednesdays 6:30-8pm
Young Adults	16-21 year olds Monthly meetups

Watton	8-18 year olds Fridays 5-6:30pm and 6:45-8:15pm
Attleborough	8-17 year olds Mondays 3:45-5:45pm and 6-8pm Thursdays 3:45-5:45pm and 6-8pm

Support Young
Carers, but
anyone is
welcome!

How do I access this support

To refer a child to this support, please contact
alice.stevenson@benjaminfoundation.co.uk

These groups are free and also provide free trips during the school holidays.

There is transport available for the Marlpit and Piling Park groups.

<https://benjaminfoundation.co.uk/services/>



1.1c The Swan Project

The Swan Project are a youth organisation supporting all young people.

They have the Carer Friendly Tick Award. They also have a family support worker to ensure support is provided to Young Carers who attend.

They provide open access groups, family support and 1-1 wellbeing support.

The groups:

Where: Downham Market

When:

Tuesday 4:30-6:30pm, 50p entry, age 8+

Thursday 4-6pm, primary school age from 8 years only, 50p entry

Friday 4:30-6:30pm, high school age only, 50p entry

<https://www.swanyouthproject.org/>



1.1d Holt Youth Project

They offer a weekly service to children and young people who are in a caring role.

These sessions include 1-1 mentoring support and dedicated time to spend with other Young Carers in a similar situation. This also include trips out.

www.holtyouthproject.org.uk/contact-us/



1.1e EP Youth

They offer a fortnightly group for Young Carers in Fakenham for ages 11-25.

This group is all year round.

<https://www.neighbourly.com/project/5d5415b0c7ac89057c6f79e0>



1.1f Caring Together

Caring Together offer:

- Carer breaks - a number of ways of giving young people a break from their caring role, including with other young carers
- A specialist carer helpline that can give information and advice to young carers and their families about all the support available.
- Help with planning ahead.
- Carer Friendly Tick Award - supporting schools, colleges and other organisations to become more carer friendly.
- Young Carer voice - giving you the opportunity to have your voices heard and listened to on a local, regional and national level.
- Providing information about bursaries and grants available to Young Carers and their families.

<https://www.caringtogether.org/>



1.1g Great Yarmouth & Gorleston Young Carers (GYGYC)

GYGYC are a dedicated Young Carers service.

They offer peer support groups and 1-1 mentoring and counselling.

<https://gygyco.co.uk/>



1.2a Carers Trust

Carers Trust have specific pages on Young Carers.

They signpost to local Young Carer's support services.

They also give general advice and information around related information such as careers, finances, mental health, etc.

They have a 'Young Carers Futures Hub' whereby they support Young Adult Carers to overcome obstacles in regard to their futures and careers.

<https://carers.org/>



1.2b The Children's Society

The Children's Society have specific pages on Young Carers.

They signpost to local Young Carer's support services.

They also give general advice and information around related information such as careers, finances, mental health, etc.

They also offer specific support to Young Carers in Armed Forces families.

Plus, they host the annual Young Carers Festival every summer!

<https://www.childrenssociety.org.uk/what-we-do/our-work/supporting-young-carers>

Organisations that have closed

It can be confusing to keep track of the organisations that exist and when they have closed down, so we have included these services below to make it clearer.

Connects and Co	Supported Young Carers in Norwich and Dereham - closed August 2024
West Norfolk Carers	Supported Young Carers in the West Norfolk area - closed April 2025

Young Carers Needs Assessment

Young carers' needs assessment

All young carers have the right to have a young carers' needs assessment. The assessment is an opportunity for you to talk about the care you're providing.

It doesn't matter who you care for, how much, or what kind of care you provide. If caring is affecting your health, education, friendships or social life, you should ask for an assessment.

Request an assessment

You can request a young carer's needs assessment by calling 0344 800 8020. You can request this for yourself as a young carer, or a parent or professional working with you can request it on your behalf. Professionals can also request this by using the 'Request Early Help' green button on the Norfolk County Council website.

A member of our family support team will contact you to arrange a meeting with you and your family.

What happens next?

During the assessment, we'll talk about how caring affects you physically and emotionally. We'll discuss how it affects your progress at school, college or work, and how it affects your social life, friendships and leisure time.

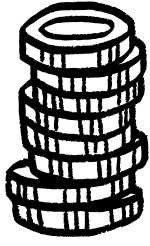
When we carry out an assessment, we have a duty to look at the needs of the whole family. This means we might plan support for more than one member of your family.

If someone in your family needs help and support, we'll work with you to create and agree a support plan. We will give you a written copy of the assessment and support plan to keep. This is to make sure everyone is doing what they agreed.

02

Other YC support





2.1 Bursaries

Norfolk Community Foundation:

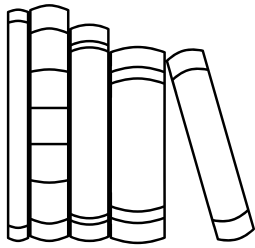
- Award grants of up to £250 to carers from the age of 7 who live in Norfolk
- This grant can go towards a short break, recreational home improvements, items to support a personal hobby, and more.

Carers Trust Grants Fund:

- For Young Adult Carers (aged 16+)
- Can apply for grants of up to £300
- Money can go towards breaks, items for the home, driving lessons, courses and materials, etc.

Young Carer Choices Fund (Caring Together):

- Can apply for grants of up to £100, more often for Young Adult Carers, but can be for any Young Carer
- Money can go towards supporting mental health and wellbeing, time away from caring, etc.



2.2 Books

Age 3-7 years:

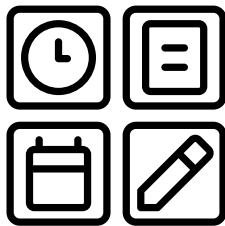
- Young Carers in Bunnyland by Ana Graca
- Travels with my Granny by Juliet Rix and Christopher Corr

Age 8-11 years:

- Moon Pie by Simon Mason
- The Illustrated Mum by Jacqueline Wilson
- Who Let The Gods Out by Maz Evans
- Echo's Sister by Paul Mosher
- Aubrey and the Terrible Yoot by Horatio Clare
- Boy in the Tower by Polly Ho-Yen
- The Late Crew by Rab Ferguson

Age 12+ years:

- Boy21 by Matthew Quick
- Don't Stop Thinking about Tomorrow by Siobhan Curham
- You Don't Care
- The Names They Gave Us by Emery Lord
- Tender by Evie Ainsworth
- Red Sky in the Morning by Elizabeth Laird
- Looking After Mum
- The Best Medicine
- Holding Up the Universe by Jennifer Niven



2.3 Apps/websites

- Young Carers Support App
- <https://www.youngcarersmatternorfolk.org/advice-for-young-carers/>
- <https://www.fylnorfolk.nhs.uk/home-family-life/young-carers/>
- <https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer>



2.4 General wellbeing support - free

- **Kooth** - supports Young Carers, with information available about Young Carers on discussion boards
- **MAP** - support 11-18 year olds who need support and advice
- **Supporting Smiles** - under 18 year old wellbeing support
- **Action For Children - Sidekick** - helpline for young people

03

Support for parents



3.1 Parent carer information

'Kids' now run Parent Carer groups across Norfolk (was previously run by Carers Matter Norfolk)

Parent carer assessment for those who may need some extra support. It is not a test of your parenting or caring skills. It is there to help you find and get support that could make your life easier. It is different to any assessment that your child might have, which focuses on their needs.

Parents looking after children under 18 who have disabilities or additional needs. These parents are called "parent carers" in the law. A parent carer is anyone with parental responsibility for the child. This includes birth parents, adoptive parents and relatives with legal responsibility.

Support offered:

- Bespoke workshops providing information on behaviour, sleep, sensory needs, etc.
- The 'Healthy Parent Carer' programme designed to reinforced parent carers' resilience
- 'Riding the Rapids' programme - to support parent carers' understanding of behaviour and implement support strategies
- Coffee mornings and drop-in sessions
- 1-1 support



'Caring Together' also run Parent Carer groups across Norfolk



3.2 Information for parents to support Young Carers

Young Carers Matter Norfolk

- Provide family support
- Provide advice to parents of Young Carers

Caring Together

- Have an advice line for Young Carers and their parents

Young Minds

- Have a parent line you can call for advice

Just One Norfolk

- Provide advice for all parents about any topic regarding their children