



Young carers support in Norfolk

Correct as of December 2019



Young carers assessments

- Every young carer is entitled to an assessment of their needs under the Children and Families Act 2014
- This is irrespective of their age, who they care for or how much care they provide
- Professionals call 0344 800 8021
- Members of the public call NCC Customer Services on 0344 800 8020.
- Young adult carers are also entitled to transitions assessments
- [Guide to Young Carers Assessments](#)
(produced by Norfolk Young Carers Forum and Norfolk County Council).



Young adult carer transitions assessments

The transition assessment should support the young person and their family to plan for the future, by providing them with information about what they can expect.

All transition assessments must include an assessment of:

- Current needs for care and support and how these impact on wellbeing
- Whether the child or carer is likely to have needs for care and support after the child in question becomes 18
- If so, what those needs are likely to be, and which are likely to be eligible needs
- The outcomes the young person or carer wishes to achieve in day-to-day life and how care and support (and other matters) can contribute to achieving them.



Young adult carer transitions assessments

Transition assessments for young carers or adult carers must also specifically consider whether the carer:

- is able to care now and after the child in question turns 18;
- is willing to care now and will continue to after 18;
- works or wishes to do so;
- is or wishes to participate in education, training or recreation.



County-wide

Caring Together - www.caringtogether.org

- Carer awareness-raising with professionals, organisations and young people
- Promoting the voices of young carers and young adult carers through Norfolk Young Carers Forum
- Carer Friendly Tick Award for education, employers, health organisations and community groups
- Short breaks for adult carers
- Trips/opportunities for young carers (through Norfolk Young Carers Forum).



County-wide

Young Carers & Families Service, delivered by Carers Matter Norfolk in partnership with youth and young carers groups

www.youngcarersmatternorfolk.org

0800 083 1148

Commissioned by Norfolk County Council

- Free, 7-day a week Information and advice line
- Whole-family support including support for the cared-for person
- Practical skills and knowledge in groups and online
- Mentoring, support & activities for young carers (1:1 and group, delivered through partner organisations in localities).



County-wide

Norfolk Family Carers – info@norfolkfamilycarers.org

Support for Young Carers aged up to 24

- Young Carers Family Breaks – short breaks for families with young carers aged under 18.
- Young Adult Carers Personal Development Fund – grants of up to £250 for young adult carers aged 16-24 to gain new skills while having a break from their caring role.



County-wide

The Benjamin Foundation - Boom Project (part of commissioned service)

boom@benjaminfoundation.co.uk

Support for young carers across Norfolk including:

- Positive Activity Groups (see locality pages for areas covered)
- Trips and Activities.

The Matthew Project - Affected Others service

unity@matthewproject.org

- Support to children and young people affected by someone else's substance misuse (delivered in partnership with Norfolk Family Carers).



Breckland

MTM Youth Services (part of commissioned service)

info@mtmyouthservices.org.uk

0800 083 1148

<https://mtmyouthservices.jimdo.com/young-carers/>

3-6 month programme of:

- 1:1 support
- Group support
- Support in school.

The Benjamin Foundation - Boom Project

boom@benjaminfoundation.co.uk

- Group support in Watton (aged 8-18).

Connects & Co

<http://connectsandco.co.uk/>

- Young carers group in Dereham (aged 5+).



Broadland

Benjamin Foundation (part of commissioned service)

boom@benjaminfoundation.co.uk

3-6 month programme of:

- 1:1 support
- Group Support
- Support in school.



Great Yarmouth (East)

Great Yarmouth & Gorleston Young Carers (GYGYC)

<https://gygyc.org.uk/> or info@gygyc.org.uk

Support young carers and young adult carers across the borough of Gt Yarmouth through:

- Age specific peer support groups
- Holiday activity programme
- Support in schools and colleges
- One 2 one mentoring

They are also part of the commissioned service providing 3-6 month programme of:

- 1:1 support
- Group Support
- Support in school.



North Norfolk

Holt Youth Project - www.holtyouthproject.org.uk/ (part of commissioned service)

3-6 month programme for Young Carers including:

- 1:1 support
- Group support
- Support in school.

They also run a young carers group in Holt.

The Benjamin Foundation Boom Project (part of commissioned service) boom@benjaminfoundation.co.uk

3-6 month programme for Young Carers including:

- 1:1 support
- Group support
- Support in school.

They also run a young carers group in Stalham.



Norwich

Benjamin Foundation (part of commissioned service)

boom@benjaminfoundation.co.uk

3-6 month programme of:

- 1:1 support
- Group Support
- Support in school.

Connects & Co - <http://connectsandco.co.uk/>

Support for Young Carers aged 5+ including:

- Group support and 1:1 support
- Young adult parent carers group.

Norfolk Family Carers - info@norfolkfamilycarers.org

Support for Young Carers aged 5+ including:

- Groups
- Trips.



South Norfolk

MTM Youth Services (part of commissioned service)

info@mtmyouthservices.org.uk

0800 083 1148

<https://mtmyouthservices.jimdo.com/young-carers/>

3-6 month programme of:

- 1:1 support
- Group support
- Support in school.



West Norfolk

Speada - [_info.speada@gmail.com](mailto:info.speada@gmail.com)

Group support for young carers aged 7-18 in Terrington St Clements.

Swan Youth Project - [_anna@swanyouthproject.org](mailto:anna@swanyouthproject.org)

Young Carers group in Downham Market for
Young Carers aged 10-16.

West Norfolk Carers (part of commissioned service) -
<http://www.westnorfolkcarers.org.uk/>

Support for Young Carers/Young Adult Carers and
Adult Carers, including:

- 1-1 support
- Group support
- Trips and activities
- In-school support.



Unit 4, Meadow Park,
Meadow Lane,
St Ives, PE27 4LG



caringtogether.org

