



# Young carers support in Norfolk

**Correct as of August 2022**



# 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
- To request an assessment, 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 (In Norfolk it is called 'My TAP' should support the young person and their family to plan for the future, by providing them with information about what they can expect and identifying barriers to a smooth transition into adult life.

All transition assessments must include an assessment of:

- Current needs for care and support and how these impact on wellbeing
- Whether the young carer is likely to have needs for care and support when they turn 18 and what those needs are
- The outcomes the young carer wishes to achieve in day-to-day life



# Young adult carer transitions assessments

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

- is able to care now and after they turn 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.
- 
- To find out more about the My TAP, contact the Young Carers Matter Norfolk Advice line on [info@youngcarersmatternorfolk.org](mailto:info@youngcarersmatternorfolk.org) or 0800 083 1148.



# County-wide

## Caring Together - [www.caringtogether.org](http://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
- Activities and trips 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](http://www.youngcarersmatternorfolk.org)

**0800 083 1148**

Commissioned by Norfolk County Council

- Free 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

## **The Benjamin Foundation - Boom Project**

[boom@benjaminfoundation.co.uk](mailto: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](mailto:unity@matthewproject.org)

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



# Young Carers Support App

The Young Carers Support App makes it easy for young carers to find reliable information and services.

- Learn how to keep well - physically and emotionally
- Know how to get help and support when you need it
- Develop useful everyday skills
- Make better-informed choices about your health and wellbeing
- Find information about local support

App available for free on Android and Apple devices





# Breckland

## **MTM Youth Services (part of commissioned service)**

<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](mailto:boom@benjaminfoundation.co.uk)

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

## **Connects and Co**

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

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



# Broadland

## Carers Matter Norfolk

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

3-6 month programme of:

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



# Great Yarmouth (East)

## Great Yarmouth and Gorleston Young Carers

<https://gygyc.org.uk/> or [info@gygyc.org.uk](mailto:info@gygyc.org.uk)

Support for young carers and young adult carers across the borough of Great 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

**EP Youth** - [office@epyouth.org.uk](mailto:office@epyouth.org.uk) – Support young carers in Fakenham

**Holt Youth Project** - [www.holtyouthproject.org.uk/](http://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** –  
[boom@benjaminfoundation.co.uk](mailto:boom@benjaminfoundation.co.uk)

Part of commissioned service (as above) and they also run a Young carers Group in Stalham.



# Norwich

**Benjamin Foundation (part of commissioned service)**

**[boom@benjaminfoundation.co.uk](mailto:boom@benjaminfoundation.co.uk)** 3-6 month programme:

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

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

Support for Young Carers aged 5+ including:

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

**Norfolk Family Carers** - [info@norfolkfamilycarers.org](mailto:info@norfolkfamilycarers.org)

Support for Young Carers aged 5+ including:

- Groups
- Trips.



# South Norfolk

**MTM Youth Services (part of commissioned service)**

<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



L D H House,  
Parsons Green,  
St Ives, PE27 4AA



[caringtogether.org](http://caringtogether.org)

