

“ I feel confident when I’m there and feel like I can talk to people who are going through something similar to me ”



Getting in touch

Parents, young people and professionals are all welcome to contact us.

If you are a professional making a referral on behalf of a young carer and their family please ensure you have consent to do so.

How to join My Future Young Carers Family Service

Register through the Young Carers Family Service if you are 16-17 years old.

- Call 01903 270300
- Email youngcarers@westsussex.gov.uk
- Visit westsussex.gov.uk/youngcarers



Carers Support West Sussex

Register through Carers Support West Sussex if you are 18-21 years old.

- Call 0300 028 8888
- Email info@carerssupport.org.uk
- Visit carerssupport.org.uk

Please follow our social media channels for regular updates.



WEST SUSSEX
**YOUNG
CARERS**
FAMILY SERVICE


**Carers
Support**
West Sussex

MY FUTURE

A GROUP DEDICATED TO
SUPPORTING YOUNG CARERS &
YOUNG ADULT CARERS AGED 16 - 21



Registered Charity No. 1123359 Company No. 6418743

Who is a young carer/ young adult carer?

Being a Young Carer or Young Adult Carer may involve physical, practical, or emotional tasks at home because someone in your family is sick, disabled, has mental health problems or is misusing drugs or alcohol.

Caring can be amazing and rewarding but can also impact your family life, education, social life, and employment opportunities.

“Very well run and a place to relax and openly talk about my caring roles”

“The group has done lots of things to help improve my future and teach me important things for the future”

“Meeting new people has made my life better and getting out”

What is My Future?

My Future is a group for young people who are in a caring role, aged 16-21. The group is a safe place to share and talk about your caring role. Staff and volunteers will be available to chat with you about the impact caring may be having on your life and can signpost you to further resources or equipment that might support you in your caring role and help the person you are caring for.

Why join My Future?

It's an opportunity to meet other Young Carers and have time away from your caring role. We do fun activities such as bowling, going to the theatre, eating out, escape rooms, movie nights and more.

My Future groups meet monthly in Chichester, Crawley and Worthing and is FREE to join.

The group will allow you to:

- Prioritise your own wellbeing
- Give time to focus on yourself
- Develop your independence
- Time to have fun and relax
- Increase your coping strategies
- Move into adult carer support services (Carers Support West Sussex) when you turn 18
- Develop your life skills e.g managing a budget, first aid and cooking.

