

## Suffolk Young Adult Carers

All Colleges in the Eastern Colleges Group work closely with Young Adult Carer

Advisors from Suffolk Family Carers to ensure that we are providing you with the support you need both in college and out.

These advisors can help support you via:

- 1-1 catch up's to provide wellbeing support
- Opportunities to meet other Young Adult Carers and have a break from your caring role.
- Workshops and programs to build confidence and life skills.
- Educational advice and support in college.
- Opportunities to enable a successful journey into adulthood.
- Advocacy when your voice needs to be heard.
- Signposting to other relevant Agencies.

They provide monthly drop ins at college. Please contact your YAC lead for dates and times.

Your YAC lead or designated Welfare Officer can help you to complete a referral or you can self refer on their website:

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

They also have online chat support.

**Suffolk** ●●●  
**Family Carers**  
Living Fuller Lives

## Other helpful organisations

### Childline:

[Childline.org.uk](https://www.childline.org.uk)

### NSPCC:

<https://www.nspcc.org.uk/>

### Samaritans Suicide prevention charity:

<https://www.samaritans.org>

### Customer first (Social Care for out of hours safeguarding concerns):

0808 800 4005

### 111 - NHS Non-emergency advice line

### 101 – Police Non-emergency Line

### Papyrus Hopeline UK (Suicide prevention charity for young people):

08000684141

### Mind:

<https://www.mind.org.uk>

### Emotional Wellbeing Hub:

0345 600 2090

### The source (information and advice for young people in Suffolk):

<https://thesource.me.uk/>

### Kooth (online counselling service):

<https://www.kooth.com/>

### Domestic abuse helpline:

0808 2000 247

<https://www.nationaldahelpline.org.uk/>

# Are you a young adult carer?

Information about advice and support available to you

 **ABBEGATE**  
Sixth Form College

**one**  
Sixth Form College

**W S C** WEST  
SUFFOLK  
COLLEGE

Proud to be part of the Eastern Colleges Group

## What is a young adult carer?

A young adult carer (YAC) is a young person (15-24) who helps to care for or emotionally supports one or more family members who have a physical or mental illness, disability or who misuses drugs or alcohol.

Across the Eastern Colleges Group we want to support all our students, especially those with a caring responsibility.

We recognise that being a college student is tough enough and being a Young Adult Carer adds to the pressure of college and life. If you're caring for a family member, it can leave you feeling like there's not enough time to fit in everything your course requires.

If your caring responsibilities are affecting your study, we are there to help in partnership with Suffolk Family Carers.

## How we can support you

Young Adult Carers are encouraged to access support provided by Student Welfare and regular meetings can be arranged with your YAC lead or Welfare Officer to provide further support and advice.

With your permission, we can identify you as a Young Adult Carer on our system so staff have a greater understanding of your circumstances. We can also support you to complete referrals to further services like Suffolk Family Carers or our counselling service.

Student welfare support students with a range of concerns including:

- Safeguarding
- Bursary, money advice and food parcels or food bank vouchers
- Transport
- Sexual health and C-card
- Mental Health and Wellbeing
- Substance misuse
- Homelessness
- Home life
- Relationship issues (including friends and family)

## Who to contact?

Who is your young adult carer lead?



**Lisa Bragg**

**Senior Welfare Officer**

Lisa.Bragg@Abbeygatesfc.ac.uk

Student Welfare room is located in student Services. Room number 2.63A



**Jackie Grimwood**

**Senior Welfare Officer**

Jackie.Grimwood@Suffolkone.ac.uk

Student Services is on the ground floor next to the canteen.



**Demi Irvine-Bird**

**Welfare Officer**

Demi.Irvine-Bird@wsc.ac.uk

Student Welfare can be found on the second floor of Edmund House