

## What is the Sussex Armed Forces Network?

The Sussex Armed Forces Network (SAFN) is a multi-organisational group with leadership from the NHS and membership from across the MOD, Armed Forces, Reservists, Mental and Physical Health Clinicians, the Royal British Legion, SSAFA, Combat Stress and other interested charities and organisations (i.e. Police and Local Authorities).

Initiated in 2011 the Network's vision is to enable the community as a whole to provide excellent support to those who serve or have served in the Armed Forces, whether as Regular or Reserve, and their families. We will do all we can to ensure that the Armed Forces community is treated fairly and not disadvantaged in their day-to-day lives. This includes offering injured servicemen and women and bereaved families extra support where appropriate

### Armed Forces Champions

These are individuals who have taken on the role of champion for the Armed Forces Community within their organisation. There are over 140 trained Champions within Sussex and the training provided for these individuals helps them to:

- understand how to engage with the Armed Forces Community.
- understand how they can support their organisation to help this group.
- understand how they can gain support from other services/charities reinforcing the integration between communities.

For more information please visit our website: [www.sussexarmedforcesnetwork.nhs.uk](http://www.sussexarmedforcesnetwork.nhs.uk)

## Key Contacts

### Brighton and Hove

#### The Carers Centre

Tel: 01273 746222

Email: [info@thecarerscentre.org](mailto:info@thecarerscentre.org)

Website: [www.thecarerscentre.org](http://www.thecarerscentre.org)

### East Sussex

#### Care for the Carers

Phone: 01323 738390

Website: [www.cftc.org.uk](http://www.cftc.org.uk)

Email: [Info@cftc.org.uk](mailto:Info@cftc.org.uk)

#### East Sussex Young Carers

Phone: 0300 777 2011

Email: [info@eastsussexyoungcarers.org.uk](mailto:info@eastsussexyoungcarers.org.uk)

Website: [www.eastsussexyoungcarers.org.uk](http://www.eastsussexyoungcarers.org.uk)

### West Sussex

#### Carers Support West Sussex

Website: [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

Phone: 0300 028 8888

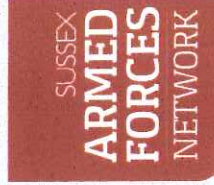
Email: [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

#### West Sussex County Council

Phone: 01903 270300

Email: [youngcarers@westsussex.gov.uk](mailto:youngcarers@westsussex.gov.uk)

Website [www.westsussex.gov.uk/youngcarers](http://www.westsussex.gov.uk/youngcarers)



## Supporting Military Young Carers



## Information for Young Carers, Families and Professionals

## Who are military young carers?

- Young carers are children and young people (aged 5-25) who have a caring role for a family member who has a long term physical or mental illness, disability or substance misuse issue.
- Military young carers might be supporting a parent or sibling who has sustained a physical and/or emotional injury whilst serving in the armed forces. The young person may be supporting a parent or sibling who has a health issue whilst another family member is serving in the military.

Caring responsibilities can include:

- Physical care, e.g. lifting, giving medication.
- Giving emotional support.
- Practical tasks – running the family home, attending appointments.
- Personal care e.g. help with washing and dressing.

*“Moving around a lot is very hard because you don’t know where you are going to or what help there might be”.*

## Impacts on military young carers

### Social

- Some military families have to relocate regularly and this can seriously impact on life choices for the young carer.
- Missing out on social or leisure activities and feeling isolated.
- Worried about leaving the cared for person.
- Difficulty getting to and from activities, or having to attend to the needs of the person being cared for.

### Education / Work

- Having to change schools if the family move regularly.
- Missing school or being late because of helping at home or difficulty concentrating at school or completing homework.
- Young adult carers aged 16-25 often find that their caring responsibilities can limit their choices when thinking about further education or seeking or maintaining employment.

### Emotional

- Spending time worrying about the person they care for and/or a family member serving in the military (who may be away from home over long periods of time).

## What support is available?

Young Carers support services are available throughout the county and are provided by a variety of organisations.

The types of activities on offer may vary (depending on locality) but support may include:

- Assessment and review of young carer’s needs.
- Social/fun activities with other young carers.
- Supportive group work.
- Individual sessions with a support worker.
- Advice and advocacy around other services that can help.

(Please see overleaf for local sources of support)

*“The young carers service has helped me get away from worrying... I’ve made a lot of friends and found a community.”*

Quotes from Holly, age 13, Military Young Carer