



24th January 2023

Dear Parents/Carers,

East Sussex Young Carers

Imago are a charity that support Young Carers aged 5-18 across Kent and East Sussex who emotionally or practically support a family member who has a long-term illness, disability, mental health or substance misuse issue.

There are over 3,000 Young Carers in East Sussex and according to BBC research there could be another 11,000 hidden Young Carers! It is important that Young Carers know that they are not alone in their caring role.

We offer support to Young Carers in a variety of different ways, including 1-1 support, workshops, work in school and signposting.

If you feel that you may have a Young Carer in your family please head to our website <https://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers> where you will find a referral form to our service. Once we have this, a member of the team will be in touch regarding next steps.

If you have any further questions, please don't hesitate to get in touch by emailing me on natasha.elsom@imago.community

Kind regards,

Natasha Elsom
Young Carers Support Coordinator- Wealden

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