

## Young Carers Views

We asked our young carers how they felt about Sunbeams, this is what they had to say.

- I have time to be myself to breathe and to be seen.
- I have friends here and we can enjoy each other's company without feeling guilty.
- There's a quiet place I can think and I can do my homework
- People listen to me, they have time for me, I'm not left out.
- I thought I was alone, I thought it just happened to me, I thought my brother didn't like me when he lashed out but others tell their stories to and I'm not alone.
- Its our special place.

Young Carer Groups run on Thursdays

'Carers Together' 6-14 yr olds  
4.30 – 7.30pm term-time  
School holidays 9am – 12pm

'Reset' 14-18yr olds 5-8pm

Contact us on 01493 442181 or email  
[info@sunbeamsplay.org.uk](mailto:info@sunbeamsplay.org.uk)  
for more information



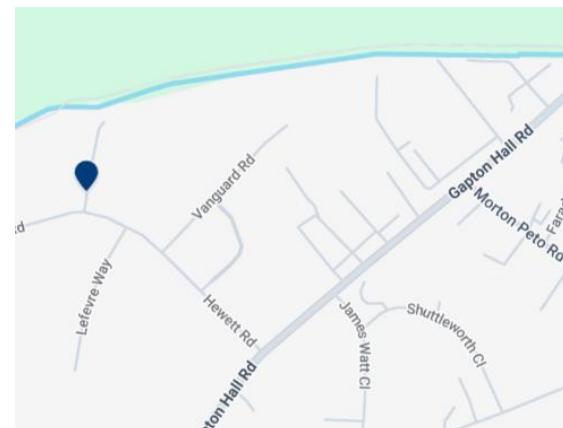
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## Sunbeams Community Hub

A world in which Autism is celebrated.

### Where to find us

Sunbeams Community Hub  
Viking Rd,  
Gapton Hall Industrial Estate,  
Great Yarmouth  
Norfolk, NR31 0NU



<http://www.sunbeamsplay.org.uk>

Registered as Sunbeams Play  
Charity No: 1152188



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### Young Carers

## Support and Social Opportunities For Young Carers



For more information

07484085777 or 01493 442181

[Info@sunbeamsplay.org.uk](mailto:Info@sunbeamsplay.org.uk)

## Caring Role

Young carers often miss out on opportunities that other children and young people have, such as time to relax, socialise, learn and have fun.



Many young carers struggle emotionally and educationally due to lack of sleep or the opportunity to study, often bullied due to their family's needs they become isolated, with no break from the difficulties faced at home. They are often afraid to ask for help or speak out fearing ridicule and the consequences for the family.

As part of our holistic approach, we provide young carers; children and young people under 18 years old, the opportunity to meet others, relax, talk and take time for themselves.

Sunbeams enable young carers to take a break from their caring responsibilities, spend time with each other and share experiences.

Sessions are run by supportive staff and provide advice, emotional support and opportunities for young carers to talk about and learn more about their own needs and their sibling's or parent's disability through group activities and where needed 1-1 support. Our support co-ordinator will also liaise with parents and schools, so the young carer is fully supported.

## Craft activities



Our bright, fresh art room provides opportunities to explore various mediums for therapy and to explore self-expression through art.



Other activities such as pottery, weaving, sewing and jewellery making are carried out through the involvement of small local businesses.

## Sensory Spaces

Our sensory spaces have been carefully designed to offer calming, safe and engaging spaces, reducing stress and encourages emotional regulation,.



Our sensory garden promotes and encourages relaxation, while enabling the opportunity to reflect, interact and socialise, exploring and interacting with the environment stimulating all of the senses through sight, taste, touch, sounds and smells,.

The sensory room encourages self-regulation by engaging with a choice of sensory activities, de-escalating and managing overwhelming situations