

The Young Carers' Project

Supporting young carers in the borough of Kingston

Who are YOUNG CARERS?

Children or young people who look after, or help to look after, someone at home who has an illness or disability.

This could be a parent, brother, sister, grandparent or another relative.

- ★ Physical disability
- ★ Mental ill health
- ★ Learning difficulty
- ★ Alcohol/drug misuse
- ★ Sensory impairment



How we can help YOU:

1:1 support: having someone you can trust to talk to

Peer support activities: having fun on events, trips and outings with other young carers who might have similar experiences to you

Drop in sessions: after school fun with other young carers

Advocacy: having someone to help you to get your point across

Individual advice and information: answering your questions

Kingston Carers' Network

The Noble Centre

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www.kingstoncarers.org.uk



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The **co-operative**