



The Young Carers' Project



Supporting young carers in the borough of Kingston

Who are YOUNG CARERS? Children or young people, aged 5-18 years, who look after, or help to look after, someone at home who has an illness or disability.

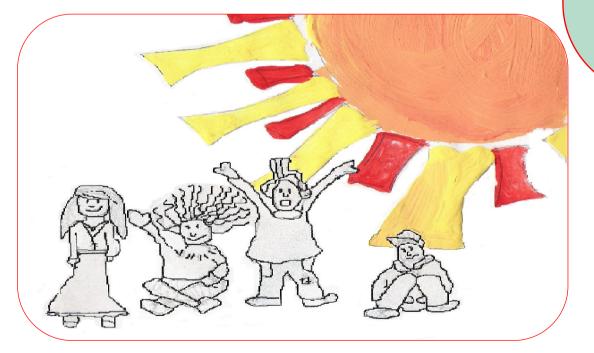
This could be a parent, brother, sister, grandparent or another

relative with:

* A physical disability



- Mental ill health
- A learning difficulty
- Alcohol/drug misuse issues
- * A 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

For more info, get in touch!

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Kingston Clinical Commissioning Group



