

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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