

# The Young Carers' Project

## 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

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



## 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

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[www.kingstoncarers.org.uk](http://www.kingstoncarers.org.uk)

[www.kingstonyoungcarers.org.uk](http://www.kingstonyoungcarers.org.uk)



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Supported by...



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