

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 help look after someone at home who has a long-term illness or disability.



This could be a parent, sibling, grandparent or another relative with:

- ★ A physical disability
- ★ Mental ill health
- ★ A learning difficulty
- ★ Alcohol/drug misuse issues
- ★ A sensory impairment

For more info, get in touch!

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www.instagram.com/kingstoncarersnetwork/



www.facebook.com/Kingston.YCP



@YCPKingston

How we can help <u>YOU</u>	
Mentoring:	Having someone you can trust to talk to, one to one.
Drop-in sessions & Youth Groups:	Join other young carers for after school fun.
Advocacy:	Having someone to help you to get your point across.
Peer support activities:	Having fun on trips with other young carers.
School Lunch Clubs:	Individual advice and information

