



Young  
Carers'  
Project

# Kingston's Young Carers' Project

SUPPORTED BY  
MAYOR OF LONDON



# Who are Young Carers?

Young Carers are children aged **5 – 18** who help look after someone at home with a long-term illness, disability, or mental health condition.

This could be Mum, Dad, brother, sister, grandparent or someone else you live at home with.



# What do Young Carers have to do?



Young Carers have a lot of roles and responsibilities;

- helping with cooking
- doing the cleaning and clothes washing
- food shopping
- taking the bins out
- dressing and washing their cared for or younger siblings
- making packed lunches and getting siblings ready for school
- providing emotional support to other family members

# What might a young Carer MISS OUT on?



Young Carers might miss out on a number of things such as;

- spending time with their friends
- family outings or holidays
- fun activities
- time in school or doing schoolwork might be less due to their caring responsibilities

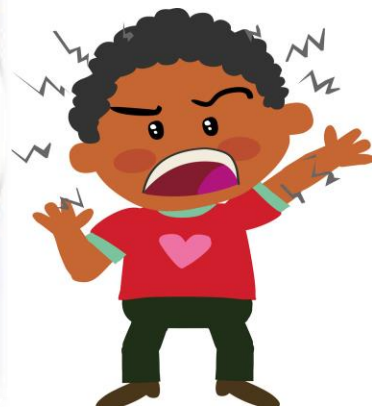


# How might it feel?



Young Carers might suffer from the negative effects of their caring role;

- mental health problems
- self-esteem issues
- loneliness
- feeling stigmatised
- tiredness
- physical health problems
- distracted and unable to stop worrying about their family member



# Young Carers are amazing young people!

Lots of young carers feel very **PROUD** of their caring role and responsibilities.

Young carers wear their “label” as a badge of pride.



# Fun activities at YCP!

- After school drop-ins and youth clubs
- Holiday activities and trips



# How We Can Help!

- Meet new friends with our peer support activities
- Fun events and trips with other young carers
- 1 to 1 support and someone to talk to
- Information and advice for your family
- Regular drop ins and youth groups
- Advocacy for all young carers

# What our Young Carers think...

I Love

YCP



Because ...

it helps me get all my emotions out of how I'm feeling and I can talk to someone that ~~can~~ can help and give me advice. It is fun, relaxing and the best club I've ever been too.



# What our Young Carers think...

I Love YCP

Because ...

It is fun



We get time of looking after our  
Parents or someone at home

You make new friends!

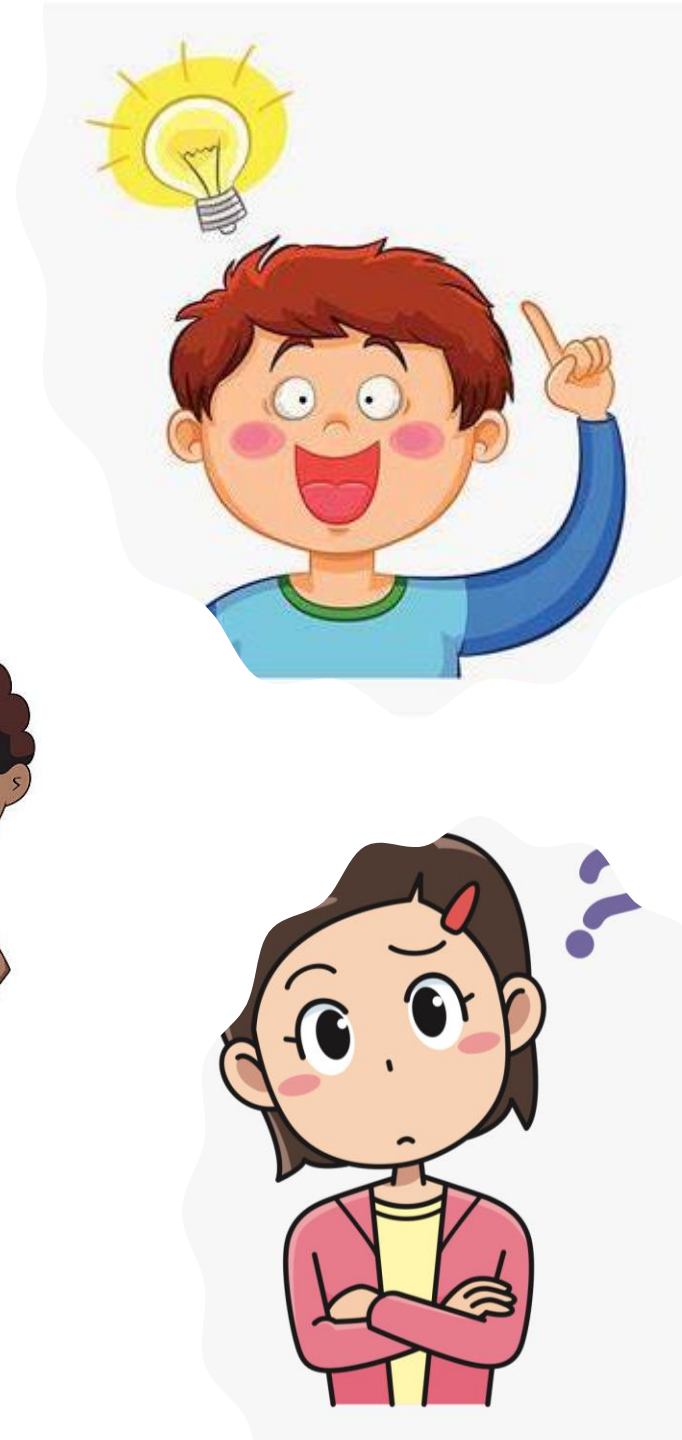


Find us on Youtube: Kingston Carers' Network



# Do you think you might be a Young Carer???

If you think you could be a young carer talk to your teacher and they can get in touch with us at the **Young Carers' Project**.





Kingston Carers'  
Network

**CARERS  
TRUST**

# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*



Young  
Carers'  
Project

To make a referral visit [www.kingstoncarers.org.uk/young-carers](http://www.kingstoncarers.org.uk/young-carers)  
and fill out our form



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