
Fact sheet 4 -

Our services: Support for young carers

Young carers are people under the age of eighteen whose caring role may involve them taking on a level of responsibility that is inappropriate to their age or development. Our Young Carers team works with children as young as five years old; we have developed a range of support services which help these young people to have a normal childhood. These include:

Young carers services (5-18 years)

- ⇒ School liaison programme
- ⇒ Specialist project supporting young carers looking after an adult with mental health or substance misuse problems (Young Carers Plus)
- ⇒ 1:1 emotional support and support planning
- ⇒ Young Carer Clubs across the borough
- ⇒ School holiday events programmes, including all half-term holidays
- ⇒ Arts projects, fun activities, residential trips and family days

Young Carer Clubs

Our Young Carer Clubs offer a great range of activities and take place as follows:

- ⇒ **Saturday Club**
Harlington Young People's Centre, 10.30am-1pm, all year round, 5-9 years/10-18 years on alternate weeks
- ⇒ **Northwood after-school Club**
Northwood Young People's Centre, 3.30pm-6pm, alternate Mondays, term-time only, 9-18 year olds
- ⇒ **South Ruislip after-school Club**
South Ruislip Young People's Centre, 3.30pm-6pm, every week, term-time only, 9-18 year olds



+ Young adult carers (17-24 years)

In addition, we now offer support to young adult carers to make the transition from childhood into adulthood – or from school to whatever comes next. We know that young carers are twice as likely to be NEET (not in education, employment or training) than their peers and they do not always enjoy a smooth transition into adulthood. Our N-HANCE transition project offers:

- ⇒ Support and advocacy through the transition from school to work, apprenticeships or further education
- ⇒ A personal mentor throughout the process
- ⇒ Bespoke 1:1 support and help to develop a personal support plan
- ⇒ A comprehensive programme of training to provide a range of life skills from money management to CV writing
- ⇒ A social programme with trips, activities and residential trips
- ⇒ Liaison and links to further education, apprenticeship schemes, local employers, training and volunteering opportunities.

For more information about our services please contact our Young Carers team on:

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