

# YOUNG CARERS PROJECT

TALK TO US

OFF  
THE RECORD

## PROVIDING SUPPORT TO YOUNG CARERS

### WHO ARE WE?

The Young Carers Project is a free, friendly and professional service, offering support to young people aged 7-25, caring for someone with a physical disability, mental health issue, long-term physical illness, learning difficulty or for drug and alcohol dependency.

*"Coming to Young Carers lets me have a break from home life and have some fun without worrying"*

### WHAT DO WE DO?

We offer a wide range of services to support young carers, including:

- Assessment
- Respite (trips, activities, groups)
- Case work including 1-1 support (emotional, educational, whole family)
- Referral to external services for children and adults where appropriate
- Art Therapy and Counselling
- Workshops
- Weekly Homework Club
- Training opportunities
- Referral to external providers for respite and therapeutic services
- New Young Adult Carers Service for young carers aged over 18

*“Without the Young Carers Project I would never have been able to sort out my education and wouldn't be where I am today”*

## WHAT DO WE BELIEVE?

We believe that young carers play a special role in caring for others, but that often means you have to grow up fast! Caring for someone can sometimes leave you feeling stressed, tired and alone, with little time for yourself and lots of responsibilities.

With all this going on we believe that it is really important that you're able to enjoy yourself and feel a sense of achievement in all that you do. At the Young Carers Project we are committed to providing a friendly and understanding service, supporting you whilst you make a positive contribution to the lives of others.

## MAKING THE FIRST CALL...

Anyone can contact us to find out more information or to make a referral. If you're a young carer and would like to know what kind of support is available then contact the Young Carers Project.

When you get in touch we'll be able to offer you a Young Carers Assessment to let you know what kind of support is available, what activities are happening and also find out what would be helpful for you.

*“Coming to the Young Carers Project has helped me build friendships and I feel happy here”*

## HOW DO YOU CONTACT US?



020 8649 9339 (option 2)



[youngcarers@offtherecordcroydon.org](mailto:youngcarers@offtherecordcroydon.org)



Young Carers Support Project,  
24 George Street, Croydon, CR0 1PB



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