

# TALK TO US

# OFF THE RECORD

## FREE SUPPORT FOR YOUNG CARERS IN CROYDON

### WHO ARE WE?

The Young Carers Service is a free and friendly 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 Service I would never have been able to sort out my education and wouldn't be where I am today.”*

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.

It is really important that you're able to enjoy yourself and feel a sense of achievement in all that you do. We are here to support you whilst you make a positive contribution to the lives of others.

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

## GETTING SUPPORT

Anyone can contact us to find out more information or to make a referral. 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.

## CONTACT US



020 8649 9339 (option 2)



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