



**Many young people
don't even realise
that they are a
Young Carer.**



If you think you may be a Young Carer or you would like to make a referral for yourself or a family that you are working with. Then you can email, phone or visit our website where you can also make a referral.

**334 Heathway
Dagenham Essex RM10 8NJ**

☎ 020 8593 4422

🖱 www.carerscentre.org.uk

✉ carers@carerscentre.org.uk

f [carersofbarking&dagenham](https://www.facebook.com/carersofbarking&dagenham)

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Barking & Dagenham Young Carers



Supporting Young People Who Care

Who Are Young Carers?

Young Carers are - children and young people under the age of 19 who help to look after or support a member of their family due to:

- ♦ Physical or learning disability
 - ♦ Mental illness
 - ♦ Physical illness
 - ♦ Drug or alcohol problems
 - ♦ Long term illness/ condition
- The person the Young Carer looks after might be their parent, sibling grandparent or any other person living in the family home.

They may look after that person by themselves or could help someone else, they may not even have a physical caring role but offer emotional support to their loved one.

Ask yourself:

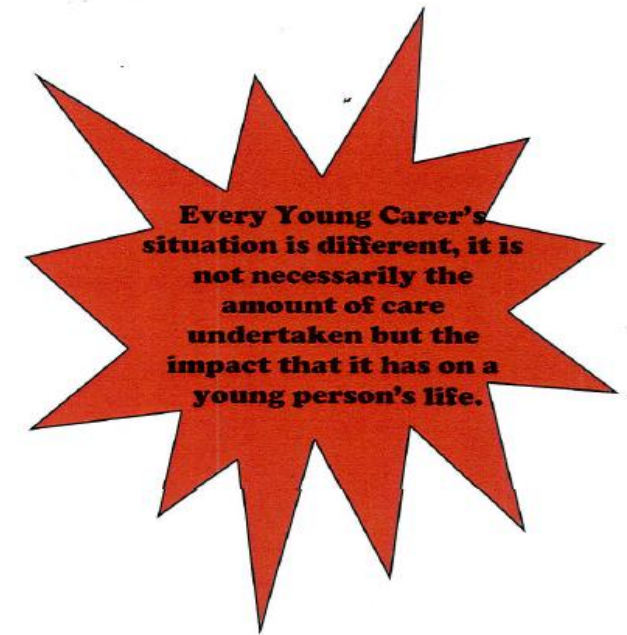
- ♦ Are you aged 8-19 and live in Barking & Dagenham?
- ♦ Do you need support?
- ♦ Would you like to meet other Young Carers who also have a caring role?

If YES then we can help.....

How Can We Support You

The Barking & Dagenham Young Carers Project can support you in lots of different ways:

- ♦ 121 support with a Young Carers support worker
- ♦ You can join us on positive activities & trips away
- ♦ You can chat to us via social media or text messages
- ♦ Have access to our training/ workshop programme to gain new skills
- ♦ Access to our newsletters
- ♦ Confidential advice & information
- ♦ Meet other young people with a similar story
- ♦ Have time out from your caring role
- ♦ We can help you talk to your school, so they have a better understanding of your caring role, and offer extra support if needed.



Every Young Carer's situation is different, it is not necessarily the amount of care undertaken but the impact that it has on a young person's life.

- Plan for your future using the outcome star
- Access a formal Young Carers assesment
- Access our Tutor group to help with homework
- Help with transition from school to work/college or university.