

Fareham & Gosport Young Carers Project



What does the Young Carers Project do?

Young Carers provide support for those aged 8 to 18 years supporting a parent or sibling, we offer:

- Fortnightly support sessions split into different age groups.
- One to one support.
- Trips and fun activities in half terms.
- Support in school.
- Specific Young Carer sessions & trips for Forces families.
- Residential trips.

Who are Young Carers?

- Children and young people under 18 who help look after someone who has a disability, illness, addiction or mental health issue.
- Children and young people who support in the physical or emotional care of a disabled sibling or a sibling with an illness or mental health issue.

What do Young Carers Need?

- Someone to talk to
- Recognition for what they do
- To meet people in similar situations
- Time out with friends
- Time for homework
- The opportunities as their peers
- Time to themselves

Contact us for more information:

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Giving
disabled children
a brighter future