



"Young Carers is a good place to make friends and we go on lots of trips".

Young Carer, aged 10

"We Young Carers are a very strong bunch and we're the hidden heroes in our community".

Young Carer, aged 18

"Young Carers helped me meet people and realise I am not alone".

Young Carer, aged 13

"Young carers is like the family that will support you no matter what situation it is, it is a place you can talk about your problems in confidence with people to support and advise you all the way".

Young Carer, aged 18



To find out more info or to make a referral contact us.

Tel: 0208 699 8686

Fax: 0208 699 0634

Email: youngcarers@carerslewisham.org.uk

Web: www.carerslewisham.org.uk

Facebook: search for Carers Lewisham

Twitter: @icarelewisham

We are based at:

Lewisham Carers Centre

Waldram Place

Forest Hill

London SE23 2LB



Carers Lewisham is wheelchair accessible

Donations

There are many ways to support the work of Carers Lewisham.

Details of how to donate can be found on the website,

or to request a fundraising pack email:

fundraising@carerslewisham.org.uk

Your contribution, however small, will make a difference to carers' lives.

Thank you.



Registered Charity No: 1073592 Registered. Company No: 3681548



Young Carers Service



020 8699 8686

WWW.CARERSLEWISHAM.ORG.UK



What is a Young Carer?

A young carer is someone aged 18 or under who looks after a mum, dad, brother, sister or other relative who has

- a disability
- long term illness
- mental ill health
- a drug or alcohol problem

Carers Lewisham's Young Carers

Carers Lewisham's Young Carers Service has been running since 1995. We work with Young Carers aged from 5-18 years old who live in the Borough of Lewisham. Our overall aims are:

1. To improve life skills and learning
2. To improve self-esteem, confidence and resilience
3. To reduce inappropriate care

We believe

That every person with caring responsibilities should be:

- Recognised
- Valued
- Supported
- Involved
- Able to have time to be a person in their own right
- Treated as an individual

What we do:

Our service uses a child/young-person centred approach to support Young Carers. We partner with local organisations, schools and other specialist support services so we can identify and support Young Carers and their families from any background in our local community.

We provide trusted, friendly and confidential services which include:

- Home visits
- Monthly clubs, day outings & residential weekends
- Homework club and after school drop ins (term-time only)
- Schools support
- 1:1 Mentoring
- Arts Therapy
- Access to education grants and family breaks
- Advocacy
- Signposting
- Young Carers Forum
- Information (quarterly newsletters) and advice



Who can make a referral?

Any person can make a referral to us on behalf of a Young Carer providing consent has been gained from the Young Carer and their Parent/Guardian. This includes Parents or Guardians, Social Workers, Family Support Workers, Health Visitors, GPs, Teachers, Key Workers, family friends and other family members.

Young people over 15 may also self-refer to us by simply completing Self-Referral Form or by contacting the office.

All referral forms are accessible at: www.carerslewisham.org.uk

"Staff are very friendly and they show so much compassion it's unbelievable. The games they play are so enjoyable".

Parent

"The support provided for Young Carers in Lewisham is invaluable and we are really glad to be able to offer support for children through these funded activities".

Professional