

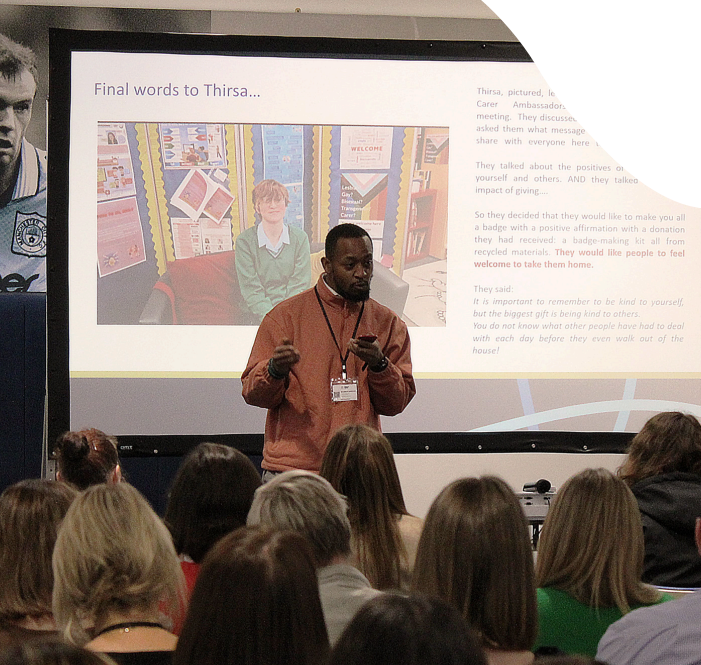
## WHAT YOUNG CARERS SAY

"My sister has Autism and doesn't understand what danger is."

"My teacher thinks I'm lazy because I yawn a lot but I have to get up early to help my mum get dressed."

"I am the only one around when dad gets depressed. If I don't stay in for him, who will make sure he's ok?"

"If I don't keep an eye on my brother, he will run off and get lost."



## CONTACT US

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

 020 8296 5611

 **Sutton Carers Centre, Sutton Gate,  
1<sup>st</sup> floor, 1 Carshalton Road, SM1 4LE**



Scan QR code to visit our website  
[www.suttoncarerscentre.org](http://www.suttoncarerscentre.org)



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# YOUNG CARERS SERVICE



## WHO IS A YOUNG CARER?

A Young Carer is someone under 18 who helps look after someone (usually a member of their family) who may have:

- a physical disability
- additional learning needs
- long-term or short-term illness
- mental ill-health
- a drug or alcohol problem

We also support Young Adult Carers aged 18-25, we recommend they register via the Adult service. Young Carers 14+ can also contact us directly and self-refer.

## OUR SERVICE

All our services are free, when registered with the Young Carers Service, the Young Carer will have access to:

- One-to-one support sessions
- Group peer-support sessions
- The opportunity to meet other Young Carers who have similar life experiences
- An activities and breaks programme focusing on Young Carers' health, wellbeing and personal development, including outings and day trips
- Specialist support in education including in-school, after-school and homework support
- Practical support for the whole family including advice regarding housing, benefits and health issues

## WHO CAN MAKE A REFERRAL?

Anyone can make a referral to us on behalf of a Young Carer aged 8-17 having gained consent from the family or Young Adult Carer aged 18-25.

You can find the referral form on our website. Alternatively, we can email you the form. If you would like to discuss a referral, please phone 020 8296 5611 or email us at [youngcarers@suttoncarerscentre.org](mailto:youngcarers@suttoncarerscentre.org).

## THEY CAN FEEL...:

- they are missing out compared to their peers
- isolated or lonely
- friends don't understand their caring role
- stressed, under pressure or worried
- bullied by other children
- overwhelmed with responsibility
- unable to bring friends home
- unable to keep on top of school commitments
- happy and proud of the help and care they give

