

Warwickshire

# Young Carers' Project

The Warwickshire Young Carers' Project offers support to Young Carers aged 6-25. Young Carers help to look after a sibling, parent or relative with a long term physical or mental illness, a disability or someone who misuses substances.

They may be impacted by what is going on at home and may help in many different ways such as providing personal care, doing household chores, looking after siblings and giving emotional support.

The Warwickshire Young Carers' Project offer regular groups, activities and support for Young Carers across Warwickshire to give them time to have fun away from their caring responsibilities, to build friendships with other Young Carers and to spend time with supportive staff who understand their situation and will listen and help. They also provide support at school and with homework, help Young Carers get in touch with other services and offer one-to-one support for Young Carers to give practical and emotional support and help to prevent them taking on inappropriate caring responsibilities.



Please contact Warwickshire Young Carers' Project for more details:

**02476217740**

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**[www.warwickshireyoungcarers.org.uk](http://www.warwickshireyoungcarers.org.uk)**