



# YOUNG CARERS

**“We have to help young people who are going through their early life looking after a loved one. A lot of young kids have no choice.”**

CANW's Young Carers service provides help and support to young people aged between 8 and 25 who are carrying the care burden at home. They may be looking after parents or siblings, helping them cope with illness, mental health issues, or even substance abuse problems.

We make sure that the child is looked after from all angles – that they can cope at home, that they can cope at school, that they feel supported. We are their advocate, their defender, their comfort. We are their voice when they need it. We give them 1 to 1 support, access to a network of other carers so they know they are not alone and give them someone they can talk to. **We give them hope.** Our team forms a bridge between school and home

**CALL TODAY ON  
01254 692709**

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

Registered Charity No: 222533

and works towards coming up with ways of supporting the young person by providing:

- Fortnightly 'chill out' nights
- Advocacy on behalf of the young carer
- Dedicated Young Carers counsellor
- Peer Mentors for extra support
- Young Carers online community
- Self-esteem and confidence workshops and other training opportunities
- Weekend residential respite breaks

If you would like more information contact 01254 692709 or visit [www.canw.org.uk](http://www.canw.org.uk).

