

# The Young Carers Project



A young carer is a young person aged between 5 - 18 years who cares for a family member they live with who may have a disability, serious illness, a mental health issue or an alcohol, drug or substance problem.

At times, caring for someone can be quite demanding which means a young carer has less time for hobbies, interests, friends, part-time work or school work.

A young carer may take on extra household chores, sort out medications, help someone to wash, or be a comfort to someone who requires mental or emotional support.

## What we do...

The aim of the Hull Young Carers Project is to offer tailored support when needed and a variety of wider opportunities for young people with a caring responsibility aged 5 -18 years. The offer can include;

- An assessment to identify need and to agree a suitable support plan.
- One-to-one support Information, advice and guidance.
- Weekly fun social peer support groups and holiday activities.
- A trusted adult / youth worker to advocate on a Young Carers behalf.
- Opportunity to become involved in the Young Carer led forum to shape future support for young carers in the city.

A young carer or supporting professionals can gain further information about The Young Carers Project by going to:

[hull.mylocaloffer.org](http://hull.mylocaloffer.org) and search: **Young Carers Project.**



**Hull**  
City Council