

If you are a young carer, you are not alone:

The Young Carers Project can offer:

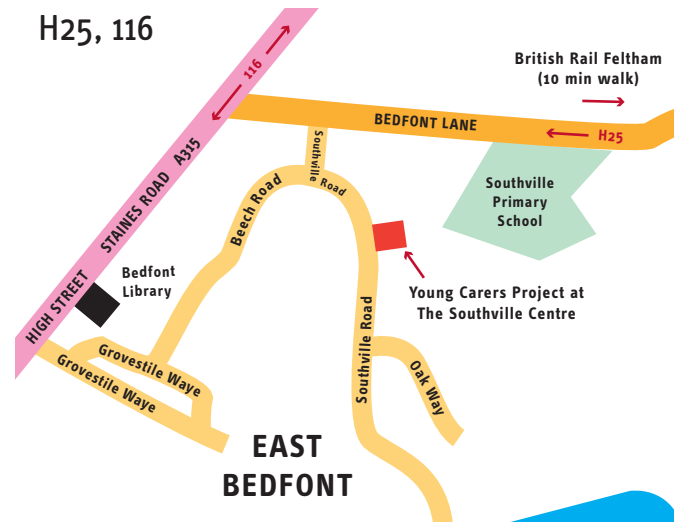
- Fun social activities.
- Time away from home doing new, fun things.
- A friendly listening ear.
- A chance to meet other young people who are also carers.
- Help your school or place of learning understand your needs.
- Computer and newsletter groups.
- A regular exciting newsletter with competitions and prizes.
- Help joining in with your other local youth groups and clubs
- Time to be yourself.




How to contact the Young Carers Project:

If you think you are a young carer and would like more information about the Project, please get in touch on the numbers below.

Local buses:
H25, 116



Hounslow Young Carers Project
The Southville Centre
Southville Road, Bedfont
TW14 8AP
Mobile nos: 07508 000 151
07508 000 152
Landline: 020 8583 5862
Email: youngcarers@hounslow.gov.uk
Web: www.younghounslow.info



We care no matter what the issue is.



HOUNSLOW YOUNG CARERS PROJECT

Do you live in the Hounslow Borough?

Are you aged 5-18 years old or aged 18-25 and in education?

Are you helping and caring for someone in your family?

We can help you.



London Borough of Hounslow

www.hounslow.gov.uk

Looking after a loved one



It is not always easy helping or looking after a family member, especially if you are a young person.

This family member may be your Mum, Dad, brother, sister, or grandparent.

The person you look after may have or be:

- Very ill
- Have long-term health needs
- Disabled
- Learning disabilities
- Elderly
- Have a mental health issue
- Have HIV or AIDS
- Have an alcohol or drug addiction

Maybe you are helping care for the person by:

- Washing, dressing or feeding them.
- Accompanying or regularly visiting them at the hospital.
- Doing housework or helping around the house.
- Assisting them to take medication.
- Going shopping and cooking meals.
- Looking after younger brothers or sisters.
- Communicating and/or dealing with mail for a parent, maybe using sign language or helping them to understand letters.



It is not surprising if you are feeling:



You may also be feeling:

Happy and proud that you are helping your family member.