



BARKING & DAGENHAM  
CARERS

**If you think you may be a Young Carer or you would like to make a referral for yourself or a family that you are working with. Then you can contact us by phone, letter, email or by visiting our website, where you find our referral form.**

**334 Heathway  
Dagenham Essex RM10 8NJ**

**T: 020 8593 4422**

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

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

**E: [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)**



Thurrock YC Young Carers



**THURROCK  
COUNCIL**



Registered charity 1063485/0  
Company Limited by Guarantee NO: 3180671

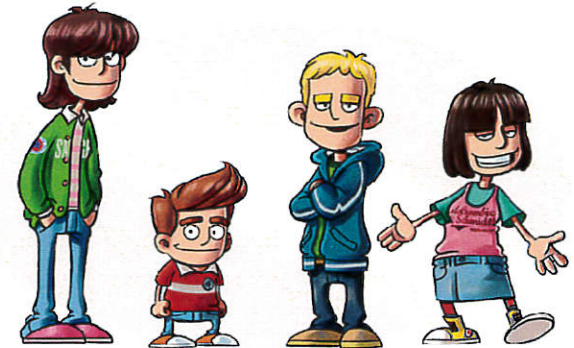
**Every Young Carer's situation is different, it is not necessarily the amount of care undertaken but the impact that it has on a young persons life.**

**These are some of the exciting activities that our Young Carers get to take part in:**

- ♦ **Cooking**
- ♦ **Sports & Games**
- ♦ **Swimming**
- ♦ **Arts & Crafts**
- ♦ **Games Nights**
- ♦ **Cinema Trips**
- ♦ **London Trips**
- ♦ **Ice Skating**

**We also offer holidays and camping trips.**

# Thurrock Young Carers



**Supporting Young People Who Care**



# Who Are Young Carers?

**Young Carers are – children and young people under the age of 18 who help to look after or support a member of their family due to:**

- ♦ **Physical or learning disability**
- ♦ **Mental illness**
- ♦ **Physical illness**
- ♦ **Drug or alcohol problems**
- ♦ **Long term illness/ condition**

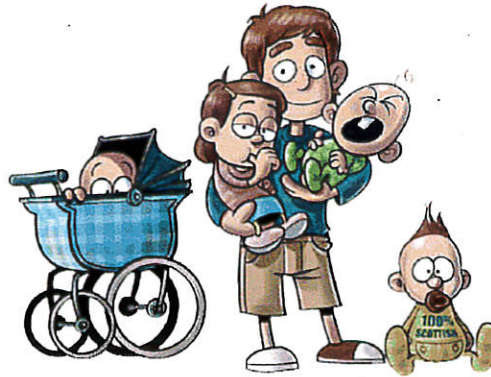
**The person the Young Carer looks after might be their parent, sibling, grandparent or any other person living in the family home.**

**They may look after that person by themselves or could help someone else, they may not even have a physical caring role but offer emotional support to their loved one.**

**Ask yourself:**

- ♦ **Are you aged 8-18 and live in Thurrock?**
- ♦ **Do you need support?**
- ♦ **Would you like to meet other Young Carers who also have a caring role?**

**If YES then we can help.....**



# How Can We Support You

**The Thurrock Young Carers Project can support you in lots of different ways:**

- ♦ **121 support with a Young Carers support worker**
- ♦ **You can join us on group activities & trips away**
- ♦ **You can chat to us via social media or text messages**
- ♦ **Have access to our training/ workshop programme to gain new skills**
- ♦ **Access to our newsletters**
- ♦ **Confidential advice & information**
- ♦ **Meet other young people with a similar story**
- ♦ **Have time out from caring role**
- ♦ **We can help you talk to your school, so they have a better understanding of your caring role, and offer extra support if needed.**