

Young Carers



The Sydenham School Young Carers' Club. We run a monthly carers' group to encourage having some fun and a chat with other students in similar situations. Young Carers can speak to one of the Inclusion Team at breakfast, break or lunch club to find out more or because they want to access support for themselves or a friend. We can also signpost students to other services where needed.

Lewisham Young Carers (based near Forest Hill Station) offer lots of support to young carers through:

- Drop ins
- Clubs

Helping young carers and their family to cope with the various services who may be supporting.

Lewisham Carers Centre
Waldram Place
Forest Hill
London SE23 2LB
Tel: 020 8699 8686
e-mail: info@carerslewisham.org.uk



Who else can help?

The Children's Society runs services for young carers in many areas. These can help young carers to have a break from home, and meeting other young carers can help them relax.

Young carers projects may offer evening clubs, weekends away, days out and even holidays as well as friendly advice and information for young carers and for their family.

Local Carers Centres are all different, but many of them provide clubs for young carers or one-to-one sessions.

Carers Direct helpline on 0300 123 1053 is there if a young carer needs help with their caring role and wants to talk to someone about what options are available.

Childline is a free and confidential telephone helpline for children on 0800 11 11.

Parents can request that a social worker visits their home to carry out a 'young carers needs assessment' in order to decide what help the family might need.

