

Carers' Support East Kent is a charity that provides Carers with the information and support they need. Our services are available to people looking after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without their support.

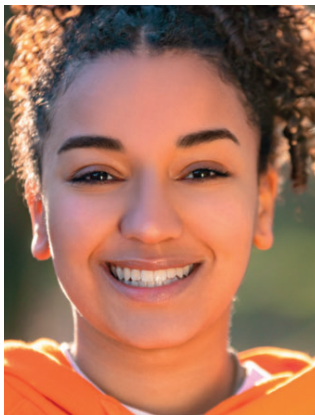
Innovation House, Discovery Park, Ramsgate Rd, Sandwich, Kent CT13 9ND
| Registered charity number 1136904 | Company limited by guarantee number 7213672

On behalf of



Kent Carers Matter
WORKING TOGETHER AS A VOICE FOR CARERS

“I joined the support group for Young Adult Carers when I was 16 and it really changed my life”



Contact the Young Adult Carers' Service

Phone:

■ 0300 302 0061

Text:

■ 07545 916214

Email:

■ yac@carersek.org.uk

Follow us



Young Adult Carers East Kent



Young Adult Carers East Kent



Are you a Young Adult Carer?

If you're aged 16-24 and look after a relative or friend who can't manage without your support, you are a Young Adult Carer.

This leaflet explains the help available to you.

**Information | Support | Time for you |
Connect with other Young Adult Carers**

Who we help

Our Young Adult Carers' Service is for anyone aged 16-24 who looks after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without their support.

You might be looking after a parent, grandparent, sibling, partner or friend (full or part-time) and combining this with education or employment.



“Young Adult Carers has really helped me by being the support I didn't even know I had”

How we help

“Meeting other Young Adult Carers like me was amazing”

Information and support

We provide information, support and signposting to services by phone, email, text, online and in person.



Information
about services available to Carers, benefits and rights.



One-to-one support
from our Young Adult Carer Support Coordinators.



Signposting and referrals
to other organisations.



Carer's Needs Assessment
to identify and access the support you need as a Carer.



Kent Carer's Emergency Card
for peace of mind when you are away from the person you look after.



Carers' Hospital Service
at QEQM, William Harvey and Kent & Canterbury Hospitals.

Time for you



Training and skills workshops



Meet up with other Young Adult Carers



Social activities and outings