

ARE YOU A YOUNG CARER?



Are you aged between 6 and 18 years old?

Do you help care for someone with a disability or physical and mental health needs?

Does your caring responsibility leave you with little or no free time?

If you can identify with the above, you may be a Young Carer, we are here to help

What support can be accessed for young carers and their family?

Whole family support

Clubs and positive activities

Support with education, training or employment

School holiday activities

Days out

Residential breaks



Please contact us direct to find out more about the help and support available to you



Email young.carers@walthamforest.gov.uk

Scan the QR code

Or visit our dedicated web page

www.walthamforest.gov.uk/adult-social-care/being-carer/young-carers



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