

# YOUNG CARERS PROJECT

*Caring for those who provide care*



SUPPORTED BY  
**MAYOR OF LONDON**

  
**Waltham Forest**



- **Whole Family Support**
- **Access to Clubs**
- **Positive Activities**
- **Support in Schools**
- **School Holiday Activities**
- **Residential Breaks**
- **Offsite Trips**
- **Workshops and Training**

### **FOR WHO?**

If you are aged 6 – 18, live in Waltham Forest and care for someone who has additional needs such as a disability, mental health, drug or alcohol dependency, then the Young Carers Project may be able to provide additional support for you and your family.

### **WHAT?**

The Young Carers Project offers a variety of support for children, young people and their families. This includes Whole Family Support, Access to Clubs, Positive Activities, Support in Schools, School Holiday Activities, Residential Breaks, Offsite Trips, Workshops and Training.

The support provided for families will be delivered by the Early Help 0-18 service and a dedicated family practitioner will be allocated to support the family.

### **WHEN?**

The clubs are open on a weekly basis across Waltham Forest (term time only). Once you have signed up (give us consent for support) and start attending, you will be given the opportunity to access other activities and support available at the club. The whole family support will be provided locally by a dedicated team and a practitioner, who will visit you and your family at home and in your local community.

## **WHOLE FAMILY SUPPORT**

As part of the support package offered by Early Help, all Young Carers in Waltham Forest will have a dedicated family practitioner allocated who will provide local, community based Whole Family support. We want to ensure that all family members have the support they need to make the difference required to help enable the family achieve the best possible outcomes.

## **CLUBS**

We currently have 2 groups; juniors and seniors. The junior club is for 6 – 11 year olds and the senior club is for 12 – 18 year olds. Both clubs run bi-weekly and offer a number of positive activities on and offsite. We also provide transport assistance for any child or young person who may face difficulties traveling on their own. This will be subject to availability and based on need and consent.

## **SUPPORT IN SCHOOL**

We are currently working closely with schools across Waltham Forest to help identify children and young people who may be Young Carers. We want to ensure that all Young Carers have the adequate support in school so they do not fall behind with their education. We also support the school to work towards attaining external accreditation from Carers Trust. This accreditation recognises the support that is being provided for Young Carers in that school.

## **SCHOOL HOLIDAYS**

We provide access and offer a number of positive activities and opportunities during the school holidays. This will include day trips, visits to theme parks, cinema, meals out and sporting events.

## **RESIDENTIAL BREAKS**

Every year we take groups of Young Carers away on Residential breaks. This gives the Young Carers an opportunity to experience life away from their usual pressured settings, and also an opportunity to relax and enjoy themselves. It gives them the opportunity to engage in and participate on activities they would not usually have the chance to access. We will always try to include elements of learning and development, so that Young Carers participating on the residential can enjoy, have fun and learn at the same time.



## HOW?

If you think you might be a Young Carer or know someone that might be, then get in touch with the project and have a confidential discussion about your needs and the support you could receive.

**Tel:**  
0208 496 2960

**Email:**  
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