



# Kent Young Carers



**A service of Voluntary Action within Kent**



# Definition

We define a Young Carer as...

- A child aged 5-18 who is supporting someone at home due to that persons illness, disability, mental health or substance misuse issue.
- The care can be practical and/or emotional.



# Introduction

Kent Young Carers is a county wide service

Young Carers receive the support they need to:

- Reduce the risks of their situation escalating
- Socialise with their peers
- Enable them to have some respite from their caring responsibilities
- Engage with education and learning



# Kent Young Carers Provides:

- Information, advice and guidance
- Single Point of access through the KYC hub
- Social media and dedicated website
- Opportunities to socialise with peers at “Chill Clubs”.
- Short breaks
- One to one support
- Support in and for schools
- Individual bursaries and grants
- Signposting
- Opportunities to have their voice heard
- Support to engage with community based support and respite
- Advocacy on behalf of the young carer and their family
- Opportunities to learn new skills/workshops
- Participate CAF/TAF and as a Lead Professional



# Sevenoaks District

There are 215 Young Carers registered with us aged 5-18 living in the District (KPHO estimate 400).

We run 3 Chill Clubs:

Edenbridge - once a month - Children's Centre - 5-18yrs

Sevenoaks - once a month - Otford Memorial Hall - 5-18yrs

Swanley - fortnightly - Swanley Youth Centre - 8-18yrs

KYC has a dedicated support officer for the SDC area.



# Involvement

How you can support Kent Young Carers:

- Raise awareness of the service
- Display leaflets in your office/venue
- Refer Young Carers for our support
- Look out for 'hidden' Young Carers in harder to reach groups eg. substance misuse households, traveller communities
- Improved links with GPs/ Health practitioners
- Sponsor a Young Carer to attend a respite activity
- Donate so we can set up a hardship fund



# Kent Young Carers Hub



0300 111 1110

[info@kentyoungcarers.org.uk](mailto:info@kentyoungcarers.org.uk)

[www.kentyoungcarers.org.uk](http://www.kentyoungcarers.org.uk)

Twitter [@KentYoungCarers](https://twitter.com/KentYoungCarers)

Facebook [Kent Young Carers](https://www.facebook.com/KentYoungCarers)



# Thank you!

