

How can I support KYC?



Fundraising via online shopping at **easyfundraising**.org.uk

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

or hold a raffle, cake sale...

Volunteering at a Chill Club in your area if you are aged 18+.

Publicity spread the word about KYC.

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



[facebook.com/KentYoungCarers](https://facebook.com/KentYoungCarers)



**0300 111 111 0**

**info@kentyoungcarers.org.uk**

**www.kentyoungcarers.org**

Postal Address

KYC, 17-19 Monson Road  
Tunbridge Wells, Kent, TN1 1LS

Kent Young Carers is a service of Voluntary Action Within Kent, registered charity number 1108388 In partnership with Carers FIRST in Kent & Medway



Are you aged 5 -18 and responsible for caring for somebody with an illness, disability, mental health or drug/alcohol issue?

**You could be a  
Young Carer**

**Supporting Young Carers  
in Kent**

## What is Kent Young Carers?

A countywide service for Young Carers across Kent.

Kent Young Carers (KYC) will enable Young Carers to receive respite from their caring responsibilities, socialise with their peers and receive tailored support.

## Who are Young Carers?

Young Carers are children or young people who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem. Young Carers can often take on practical and/or emotional caring responsibilities that would be the same as an adult carer.

The caring can involve personal care for a parent, giving medication, helping someone get up, get dressed or to get around. It could mean providing emotional support for someone who has a mental health problem.

## How Kent Young Carers can help?

**Chill Clubs** will be held in each district to provide social opportunities for Young Carers to come together and meet other Young Carers in similar situations to them. They can realise that they are not the only one who cares for someone else. There will be the chance to do:

- Cooking
- Arts and crafts
- Sports
- Games
- Relax
- Chat...



**Events** will be held including fun days, trips out, BBQs, the chance to attend the Young Carers Festival and more!



**Information** can be accessed via the Hub, email, social media and website.

## Referral Process

For an informal chat about KYC and how you can access the services please phone the Hub on

**0300 111 111 0**

or we can post or email a referral form to you.

Once we have received the referral form a Young Carers Welcome Pack will be sent out. This will be accompanied by a Home Assessment if the Young Carer is carrying out a substantial caring role or is under 11 years old.

