

IF YOU answered yes to any of the points

- Would you like someone to talk to?
- Would you like somewhere to go?

## We offer the following...

- Referral to Humankind for a Young Carers Assessment
- Awareness raising and training
- Age appropriate after school respite groups (ages 5-16)
- Young adult carer group (ages 16 - 24)
- School holiday activity program
- Personal development workshops and qualifications
- Duke of Edinburgh's Award
- Residential breaks
- Homework clubs
- School support ie school drop in sessions, one to one sessions
- Emotional and peer support
- Family support ie. information, advice, guidance, family forums etc
- Time to yourself
- A chance to meet new people and make new friends in similar situations
- Have your say, share your voice steering group

For more information please ring, text, email or check out our website



Website: [www.southtynesideyoungcarers.org](http://www.southtynesideyoungcarers.org)  
Email: [levi@styoungcarers.org.uk](mailto:levi@styoungcarers.org.uk)    [admin@styoungcarers.org.uk](mailto:admin@styoungcarers.org.uk)  
Phone: 0191 4272795 • 07387109388 • 07772482330  
Facebook: STYoungCarers • Instagram: STYoungCarers



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South Tyneside Young Carers Project, Marsden Road Health and Wellbeing Centre, South Shields, NE34 6RE