



New Forest www.cfnf.org.uk

Young Carers Service

Supporting children and young people with caring responsibilities

New Forest Young Carers provide a range of support services for young carers and their families in the New Forest area.

What they do

- They provide non judgemental listening ears for young carers and their families through one-to-one work and mentoring.
- Sometimes, trips and activities are organised to give young carers a chance to break from their responsibilities and can meet new friends.
- They can help with access to benefits and support services to make things easier.

What they go through

Every young carers situation is different, but the help given could include;

- Shopping and cooking
- Housework and laundry
- Nursing care
- Physical support and practical care
- Providing emotional support
- Child care for younger siblings

What is a young carer?

A young person aged between 7 and 18 who helps to look after someone or could be helping someone else to care. The person being cared for might have one or more of the following:

- A serious illness or disability
- Learning difficulties
- A mental illness
- Problems with drugs or alcohol

How you can help...

- Volunteer
- Make a donation online via www.virginmoney.com
- Donate gifts or funding
- Look out for young carers and refer them
- Host awareness raising workshops

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