

## SUPPORT FOR CHILDREN & YOUNG PEOPLE



### Kent Young Carers



0300 111 1110

There are over 10,000 Young Carers in Kent and according to BBC research there could be another 30,000 hidden Young Carers! It is important that Young Carers know that they are not alone in their caring role.

*Being a Young Carer can have a negative impact on a Young Person such as low confidence and self-esteem, low educational attendance & attainment and poor physical & mental health. It is Kent Young Carers aim to reduce the negative and highlight the positive impact of being a carer such as increased resilience, empathy, non-judgemental attitude and caring nature.*

Kent Young Carers is the countywide service for Young Carers aged 5-18 across Kent. Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.

Following assessment, KYC offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops.

For further information please contact the KYC Hub:

Phone 0300 111 1110

Email [youngcarers@imago.community](mailto:youngcarers@imago.community)

The KYC Hub is available for you to call Monday - Friday 9-5pm to talk about Young Carers' needs and can provide information, advice and signposting.

**If you feel your child meets the criteria for Young Carers the school can help with a referral: Please contact Mrs Falluto on the school number: 01304 201964**