



CARERS FACT SHEET 13a

Southampton Young Carers Project

Southampton Young Carers Project aims to support young carers living in Southampton.

It is committed to ensuring young carers have access to opportunities and experiences that other young people enjoy.

The project offers young people:

- information
- support
- someone to talk to
- opportunities to meet other young carers and make new friends
- groups where young carers can share common experiences and have some fun
- befriending
- activities/trips

More information

To find out more about young carers or Southampton Young Carers Project please contact:

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Websites:

www.youngcarers.net

www.carers.org

www.childrenssociety.org.uk/youngcarers

www.youngcarers.hants.org.uk