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Hounslow Young Carers Project

The Trust-run project supports young carers between the ages of 8 and 18 in Hounslow. Young carers are children and young people who look after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse.

Young carers will often carry out caring responsibilities usually undertaken by adults. These include household chores, physical help i.e. lifting and moving, administering medication, interpreting, shopping, paying bills, providing sibling care or providing emotional support.

We accept both self-referrals and referrals from professionals.

For more information or to request a referral form please contact:

Kathryn Sobczak

Hounslow Young Carers Project
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The Hounslow Young Carers Project provides the following support:

- Weekly youth club in Feltham
- Activities and day trips in the school holidays
- One to one support
- Employability support
- Specialist workshops such as First Aid



**London Borough
of Hounslow**