

Are you or do you know a young carer?

Are you, or do you know a young person up to the age of 25, who cares for or helps care for a family member who has a long-term illness, disability, mental health condition or whose substance use impacts them and their family?



A young carer might...

- Do practical tasks
- Help with physical care
- Give emotional support
- Help with personal care
- Help someone to communicate
- Look after family members or siblings



Portsmouth Young Carers provide:

- Groups
- Holiday Activities
- Support in schools
- 1-1 support
- Advocacy - Be the young person's voice
- Training for professionals and organisations.
- Bespoke school/college support (Training, assembly delivery, YC networks and resources)



What happens in group?

Activities vary according to the groups and their interests, but there are usually games, arts and crafts activities and opportunities to get active.

Young carers help to plan the activities, with opportunities to have fun, and learn new skills.

It's a chance for a young person to make new friends and there are always members of staff available if the young carer wishes to talk to them.

*** Spaces are limited at these regular groups, so a young person may be added to our waiting list.**

Holiday Activities

We provide activities during school holidays (except Christmas) for young carers aged 5 to 18 years (inclusive). Some of these are provided for specific age groups and others are open to everyone.

Sessions usually last for between 1 and 3

hours and can include:

- Arts, crafts and games
- Sports: such as golf, climbing, swimming and bowling.
- Museums, skate park, cinema

Participation in local community events.



Portsmouth Young Carers Service

Group Locations

Monday Ages 13-18yrs

Portsmouth Carers Centre
117 Orchard Road,
PO4 0AD

Wednesday ages 8-18yrs

Paulsgrove Family Hub
Cheltenham Road,
PO6 3PL

Saturday 8-14yrs

John Pounds Community Centre
Queen Street,
PO1 3HN

Young Adult Carers aged 18-25yrs

(Please contact Carers Centre for
details and timings. Telephone:
023 9285 1864)

Contact



023 9288 2588



youngcarers@portsmouthcc.gov.uk



Somerstown Family Hub
Omega Street
PO5 4LP



For more information and referral forms
visit our website:
<https://www.portsmouth.gov.uk/ext/health-and-care/carers/young-carers>

