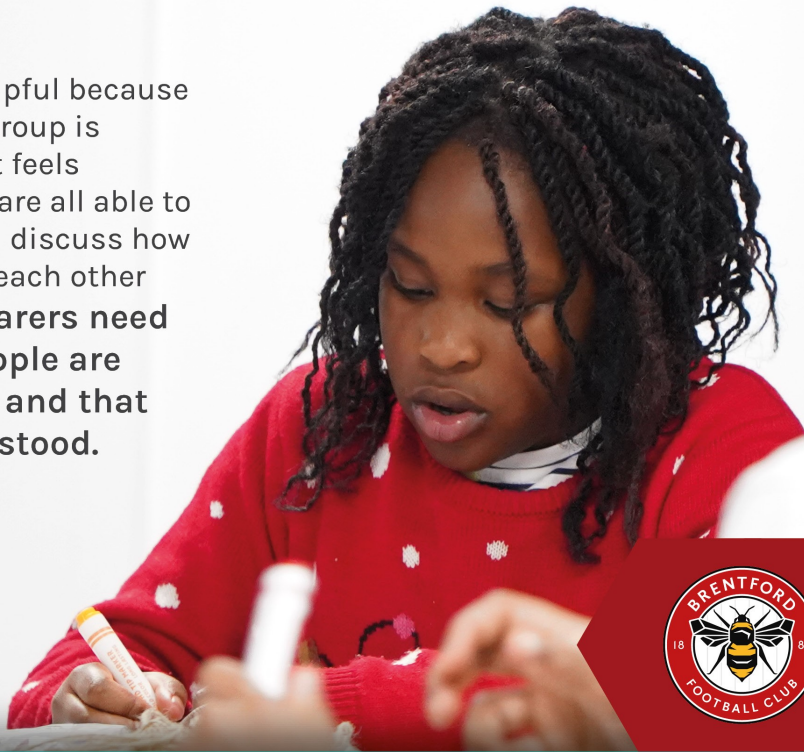




The project is helpful because everyone in the group is supportive and it feels comfortable. We are all able to come together to discuss how we feel and give each other advice. **Young carers need to feel that people are there for them and that they are understood.**



Community Sports Trust

Ealing Young Carers Project

The Ealing Young Carers Project is run by Brentford FC Community Sports Trust and supports young carers between the ages of eight and eighteen who live in the London Boroughs of Ealing. 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 from the Ealing Young Carers Project
079265 91468 | ksobczak@brentfordfcst.com

The Ealing Young Carers Project provides the following support:

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



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