

What do some of our Young Carers say about what the group means to them?

If you are feeling depressed and anxious you have a trustworthy adult to talk to.
You have something to look forward to.
You can make new friends.
(And much more).



It gives me something to look forward to.
It is fun and good to be yourself.
You have a trusted adult to talk to.
It is very, very, very good.
It helps Young Carers to relax.
You get lots of help in times of stress.
You get freedom.
Lessens stress.

I like the Young Carers group because it's fun, meet up with friends, make things and enjoy time away from home. I like the support from the teachers and the activities.