

## Information for Friends & Family

- Do you know a young person who cares for someone else?
- Do you think the responsibility placed on this young person may be too much?
- Do you feel that the young person needs help and support?

## Young Adult Carers

Even though a young person may not seem like they are struggling, there can be problems that others are not aware of. Young people with caring responsibilities will have many aspects of their lives affected by their caring role and support can help improve their educational, social and psychological wellbeing.

**If you want more information or you would like to make a referral please contact us at:**

**Next Steps Project,  
Voluntary Action Centre,  
Kingsland Square,  
Southampton,  
SO14 1NW**

**02380 216 048 or 07795 246 058**

**[l.bailey@southamptonvs.org.uk](mailto:l.bailey@southamptonvs.org.uk)**



**facebook.com/  
NextStepsYoungCarers**



**@southamptonvs**



**Do you know someone aged 16 to 25 years old who helps look after a family member who is disabled or unwell?**

**If so, they may be eligible to join the Young Carers branch of the Next Steps Project**



## Do you:

- Often take on practical and emotional responsibilities?
- Care for a family member who is ill, disabled or using substances?
- Help with things like cooking, cleaning, shopping and looking after siblings?

## If so, you may be a Young Carer



## Who are we?

The Next Steps Project is a collaborative partnership which supports young carers, young care leavers and young offenders to overcome barriers and realise their potential.

Next Steps Young Carers supports young adults (aged 16-25) who care for a relative with a disability, illness, mental health condition or drug or alcohol problem.



## What we can do

We can provide support & guidance to help you in the following areas:

- \* Creating positive social networks and relationships
- \* Getting into education, employment and training
- \* Helping you have your say
- \* Finding suitable accommodation
- \* Housing advice
- \* Accessing benefits
- \* Managing debts/bills
- \* Budgeting
- \* Developing or improving life skills such as decision-making, planning and time management

