

Comments, complaints or concerns

If you have any comments about our Young Carers Project, or if you are unhappy about any aspect of the service, please contact us

Contact details

For further information about the One Community Young Carers Project any of the following people will be pleased to help you:

Young Carers Services Manager

Tel 023 8090 2465

Email jmiles@1community.org.uk

Young Carers Activity Team

Tel 023 8090 2418

Young Carers Family Support

Tel 023 8090 2424

Young Carers School Support

Tel 023 8090 2403

Please leave a message on our voice mail if we cannot answer your call straightaway, or speak directly to our reception staff at One Community on:

Tel 023 8090 2400

Opening hours

One Community Young Carers Project is open Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm.

Activity Nights and Life Skill workshops take place in the evening and at weekends.

Hampshire Young Carers Alliance

One Community Young Carers Project is part of a Hampshire wide consortium consisting of 10 projects working together to share best practice.



@eastleighYC

@1comm



www.facebook.com/OneCommunityHants

One Community's headquarters stands overlooking the Recreation Ground and bandstand in central Eastleigh, just a few minutes' walk from the railway and bus stations. The building is fully accessible and has a small forecourt car park. Pay-and-display parking is available diagonally opposite, to the rear of Sainsbury's, accessed from Romsey Road.

Published by One Community
(Formerly Eastleigh Community Services)

One Community
16 Romsey Road, Eastleigh
Hampshire SO50 9AL

Telephone 023 8090 2400

Facsimile 023 8090 2413

Textphone 023 8090 2401

Email info@1community.org.uk

www.1community.org.uk

Registered Charity Number 1052978.
Registered in England as a company limited by guarantee.
Registered Number 3132524.
Registered office: as above.

One Community Young Carers Project Support for Young Carers

One Community provides a range of Voluntary Sector Support, Community Development, Care, Information and Transport services



Eastleigh Young Carers Project - Support for Young Carers

Who do we support?

We support any young person aged 8-18 years old living within the Eastleigh Borough whose life is significantly affected by caring for a family member who has an illness, disability, mental health or substance misuse problem.

To make a referral

call us on 023 8090 2465

Referrals can be made by professionals and parents/carers.

Emotional Support

One to One Support

We can offer help and support for young carers who are having problems at home or school or just want someone to talk to and who will listen.

One to One support gives young carers the opportunity to talk confidentially about their issues.

Family Support

Information, Advice and Signposting

To ease the pressure on the young carers. We are able to signpost other family members to local services that can improve the families current situation.

Make new friends and have fun... Regular Activity Sessions

Organised activities, support and a chance to meet other young carers and have fun.

The activity sessions offer young carers a chance to make new friends and have a break from their caring situation at home. As well as providing a safe place to talk about young carers' issues it is also recognised that young carers need 'time-out' to just be a young person.

To find out where your local activity night is taking place please contact the office or see the latest newsletter!

Fancy some time away?

Residential and Days Out

Time-out from home. A chance to try new things and have fun.

From time to time we are able to offer young carers the chance to get away for a week or a weekend if their home situation allows. We also organise one-off day trips for young carers to make lasting happy memories

Have your say...

Young Carers Forum

An opportunity for young carers to have their say and take action on what matters to them.

The project also provides..... Life Skills Workshops

The project provides life skill workshops to empower young carers within their caring role. Workshops include, Self Esteem and Confidence Building, Budgeting , Cookery and First Aid.

Support in School

Awareness Assemblies

The project facilitates assemblies at schools, raising awareness with pupils and staff on young carers issues and the support the project can provide.

One to One Support

Providing young carers emotional support in school.

Advocacy

Liasing with school to make them aware of the young carers situation and to put support in place to ensure the young carers can achieve educationally.

Staff Training

Providing training to identify and support young carers in various settings

Please remember that anything discussed with the workers is completely confidential. However in very exceptional circumstances it may be necessary to break confidentiality if a young person is at risk from harm. This will be discussed with the young person.