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## Young Carers (Richmond Carers Centre)

### Organisation details

#### Description of activity

Young carers are children and young people under the age of 18 who are taking on practical and/or emotional caring responsibilities normally expected of an adult, and can include anything from cooking, shopping and housework to administering medication, assisting with personal care such as washing or dressing, interpreting, physical support such as lifting and even emotional support or looking after younger siblings.

#### Information, advice & support

Our team of young carers support workers have between them a varied and experienced history working with young carers and young people. They can offer free confidential information and advice in a safe and comfortable environment. They can also be a source of listening support so that young carers can voice their fears and worries in the knowledge that they won't be judged. Young carers are legally entitled to a needs assessment, which our support workers can advise on if need be.

#### One-to-one mentoring

Our team of young carers support workers have between them a varied and experienced history working with young carers and young people. They can offer free confidential information and advice in a safe and comfortable environment. They can also be a source of listening support so that young carers can voice their fears and worries in the knowledge that they won't be judged. Young carers are legally entitled to a needs assessment, which our support workers can advise on if need be.

#### Multi-agency working

Richmond Carers Centre Young Carers Support team work with with organisations across the borough, including family support teams, schools, school nurses and other voluntary organisations to provide person-centred holistic support to young carers. We currently work with schools in the borough to provide young carers with a mentoring programme providing 6-12 one-to-one sessions with a young carers support worker at school, Richmond Carers Centre or in the community.

#### School holiday programme

Richmond Carers Centre runs a school holiday respite programme for young carers registered with us every half term and during school holidays. Activities include, workshops, day trips, sports, creative pursuits, outdoor activities and experience activities – such as AirKix skydiving. Holiday Respite Programme activities are sent to registered young carers in the weeks before they begin and are very popular so advance booking is required.

#### 11+ Social Group

Formerly known as 'Rant Room', this is an informal and fun peer support group for registered young carers of secondary school age. The first half of the session is a chance to hear how everyone is/what they have been up. The second half is an activity/discussion based on the session theme.

To book a space, call 020 8867 2383 or 07960 947 466 or [click here to email us](#)

#### After school sibling group

Also known as 'FRAME group', the Siblings after school group is for sibling young carers aged 5 to 11 years. Last term the sibling carers got to make pizza and pudding, potato cress heads and cardboard robots and houses. What will the new term bring?

To book a space, call 020 8867 2383 or 07960 947 466 or [click here to email us](#)

#### Ad-hoc activities

Richmond Carers Centre works with other organisation throughout the year on ad-hoc activities to give young carers in Richmond incredible opportunities. Two of the organisations we work with most frequently are CREATE and Horse Rangers, which have seen young carers cook up a storm at Mosimann's Academy in Battersea, canter through Bushy Park and dance the Curtain Raiser at Sadler's Wells ahead of Matthew Bourne's production of Sleeping Beauty earlier this year.

#### Horse Rangers

Richmond Carers Centre works regularly with Horse Rangers to give young carers the opportunity to experience horse-riding in Bushy Park, usually followed by a pizza lunch.

## Young Carers Trip Policy

Please note that young carers trips have only a limited number of places and trips are frequently oversubscribed. While these places are offered to young carers free of charge, they have been paid for by Richmond Carers Centre. This means that the charity incurs a cost each time a child fails to attend a trip they have been booked onto and another child who could have gone in their place has missed out on the opportunity. It is vital that if your child is unable to attend a trip, you inform us as soon as possible so that we can fill the space.

### Contact details

**Telephone**

020 8867 2383

**Website**

<https://www.richmondcarers.org/services/services-for-young-carers/>

### Address details

**Building name**

Richmond Carers Centre

**Address 1**

5 Briar Road

**Town**

Twickenham

**Postcode**

TW2 6RB

### Age range

**Age of users**

From 5 years to 18 years

## Location Map