

Building
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families

family
action

Young Carer Personal Budget Service

Are you under 18?
Do you help look after someone?

Are you caring for someone who has a long-term illness, has a disability, has a mental health illness or misuses alcohol or drugs?



Is there an activity
you would like to do?

FOOTBALL
BASKETBALL
GYM
TENNIS
HORSE RIDING
DANCE CLASS
SWIMMING

and more!



Our personal budget service offers young carers up to £150 for a chosen physical activity. Support is given to look at which activities may be the most beneficial.

Some more information you need to know:

Who are young carers?

Young carers are those under the age of 18 who provide care to another family member who has a physical illness or disability, a mental health illness, sensory disability, learning difficulties, or misuses alcohol or drugs.

Quick & Easy Referral Process!

Feedback from our young carers

" My Basketball Coach says i am really good and I have made lots of new friends, learnt new skills and feel more confident."

" I go to the gym after college or after work. It helps me to relax. My fitness has improved since I have been going. It also gives me a break from caring."



Contact Details:

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Supporting young people, who have caring responsibilities, and their families across Kensington and Chelsea



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