



Is Your Child a Young Carer?

If your child is, or you think they may be, a young carer, please know they are not alone. In Barnet, there are more than 6,500 young carers supporting family members in a variety of ways.

Young carers take on many different responsibilities within their families and households. This may include:

- Supporting siblings, particularly those with additional needs
- Helping with household tasks
- Providing emotional support
- Assisting with shopping, cooking, and daily routines
- Managing responsibilities that can impact their everyday life and well being

Every young carer's situation is unique. With the right support, young carers can thrive, achieve their goals, and enjoy positive experiences alongside their peers.

At Barnet Young Carers, we offer a range of support services, including:

Free Leisure Pass

Once registered, children will receive a leisure pass which includes:

- FREE swimming sessions
- Discounted activities at Better Gyms across Barnet and surrounding areas

Parental Referral Form:

<https://barnetyoungcarers.org.uk/parental-referral/>

Trips and Activities

We organise a variety of activities during school holidays, as well as occasional evening theatre trips. **All trips are fully funded with children only needing a packed lunch.**

- Thorpe Park
- Chessington World of Adventures
- London Zoo
- Bowling

- Kayaking courses
- Creative arts and cooking sessions

Recent theatre visits have included Matilda The Musical, The Lion King, and Hercules.

Once your referral has been processed, you will automatically be added to our mailing list to receive updates about upcoming trips, activities, and opportunities.

If you have any questions or would like further information, please feel free to contact me directly.

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