



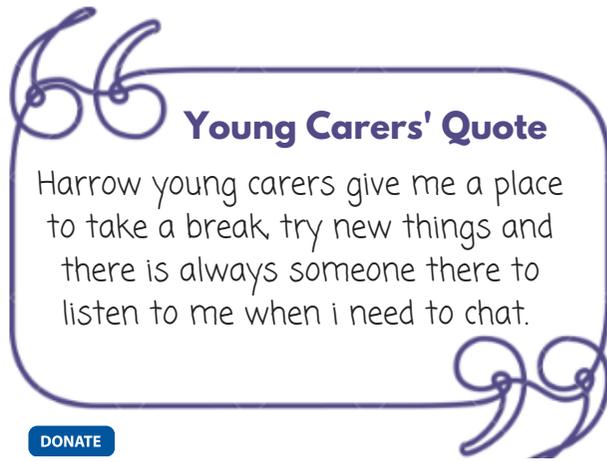
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### ABOUT HARROW CARERS

Established in 1996, Harrow Carers is an independent charity and the lead carers support agency in Harrow. We have developed a network of services and support for carers of all ages (to improve or to increase) their quality of life.

Our services are for unpaid carers, that's anyone who provides unpaid care and support for people in the community who are ill, frail, disabled, disadvantaged or have a drug or alcohol dependency. Typically this would be a family member or close friend.

Our aim is to improve the wellbeing and resilience of carers of all ages and backgrounds so that they can continue to provide support for the people they care for without compromising their own health, social networks and ability to contribute to society.



#### Young Carers' Quote

Harrow young carers give me a place to take a break, try new things and there is always someone there to listen to me when i need to chat.

DONATE



Support us and help us make a difference

### CONTACT US

For further information please contact:

020 8868 5224 ext:222  
youngcarers@harrowcarers.org

376-378 Pinner Road  
North Harrow, Middlesex, HA2 6DZ

Wheelchair accessible building

Directions:  
Bus: 183, H18, H9, H10, H19  
Tube: North Harrow Station (Metropolitan Line)



Nearest parking: Cambridge Road Car Park

Supporting 4000 carers every year.



How we support Young Carers & their families



Call us on 020 8868 5224 ext: 222  
Email: youngcarers@harrowcarers.org

Our young carer sessions take place at:  
**Old Lyonian Sports and Social Club, 74 Pinner View, Harrow HA1 4QF.**

**Contact us:**

T: 0208 868 5224  
 E: [youngcarers@harrowcarers.org](mailto:youngcarers@harrowcarers.org)  
 376 - 378 Pinner Road, North Harrow, Middlesex, HA2 6DZ



SCAN FOR ONLINE REFERRAL FORM



**SUPPORTING YOUNG & YOUNG ADULT CARERS AGED 5-25 YEARS**

**AM I A YOUNG CARER** 

If you are aged 17 or under and help someone with a physical or mental health problem, you might not think of yourself as a carer but you probably are. There is a whole community of young people like you facing the same day-to-day issues and Harrow Young Carers service are here to support you.

**AM I A YOUNG ADULT CARER** 

If you are aged 16 to 25, you will be able to work with our Young Adult Carers team who also look at preparation to adulthood and employability

**Your Education**

We provide support programs to schools; DNA-V, Nurture Talk and Schools Impact Award. We work with schools to make sure young carers get the support they need while at school.

**Your Mind**

When you help someone who has an illness, disability or health condition it impacts your feelings and thoughts. Sometimes things can get too much. Our team is here to listen whether at one of our groups or 1:1.

**Your Social life**

To get a break from your caring role we run weekly after-school activities and introduce you to other young carers who may be going through something similar. During school holidays, we offer fun trips, activities and residential.

**Your Future**

We support your future. Whether it be education, training or employment, our **Young Adult Carers service** will support you to achieve your potential.

**Your Life**

**HARROW CARERS SUPPORT FOR ADULT CARERS:**



**Looking after your Health and Wellbeing**

We help carers to understand issues related to their mental and physical health with a range of drop-in classes, workshops, mindfulness, stress management and positive psychology sessions.



**Novus Homeshare Scheme**

Our unique service matches people who want help or support around the house with people who need accommodation and are willing to help in London (and surrounding areas), for a reasonable fee.

**Support line: 03300 882225**



**Personal Care at Home**

Our Home Care service offers personal care in your own home provided by friendly professional care support workers. We provide the full range of care services, from live-in care to visiting support when you need it most. For an assessment and quotation call our support line. Our Care Quality Commission rating is "Good".

**[www.harrowcarers-homecare.org](http://www.harrowcarers-homecare.org)**

**Support line: 03300 882224**