



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Humankind Horizon Young Adult Carers Service

Horizon Young Adult Carers Service is funded by The National Lottery Community Fund to support Young Adult Carers aged 14 to 25 years old across County Durham.

Young Adult Carers are young people aged 14-25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction.

If you think you might be a Young Adult Carer we can offer you the following support:

- We can provide a time limited support offer of up to 6 months; a dedicated worker will provide one to one support around the caring role and any issues or concerns you may currently be experiencing.
- A needs assessment of caring role and co-produced support plan will be completed and used as a basis for the support provided.
- Information, advice and guidance regarding education, employment, training, benefits and housing.
- Emotional support through one to one interventions and peer support.
- Peer mentoring training.
- Signposting to other services which can improve the lives of you and your family.
- Support with applications and forms.
- Transition planning and support; supporting a smooth transition into adulthood. This may include support with any meetings with schools, colleges, universities or employers regarding the caring role and its impact.
- Provide access to Carers breaks and the Carers discount card.

The service is completely free to use.

When is it on?

Time of day	Morning Afternoon
Session information	Monday- Friday 8.45am- 4.45pm

Who to contact

Contact name The Horizon Young Adult Carers Service
Telephone 01325 731 160
E-mail hyac@humankindcharity.org.uk
Website <https://humankindcharity.org.uk/.../horizon-durham-young-adult-carers>

Where to go

Name Humankind: Inspiration House
Address Unit 22
Bowburn North Industrial Estate
Bowburn
Durham
Postcode DH6 5PF

Other details

Referral required? No
Referral and availability notes You can self-refer into the Horizon Young Adult Carers Service or ask you school, college or wider support services to refer on your behalf.

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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