

Horizon Young Adult Carers Service

Horizon is an innovative and ground breaking project for Young Adult Carers across County Durham.



Our partnership of DISC, Action for Children, Consett YMCA and Cornforth Partnership work together on our shared vision: to ensure Young Adult Carers are heard, able to access appropriate services, gain confidence and have choices in life.

The transitions service supports Young Adult Carers between the ages of 14 - 25 years aiming to increase access to services, improve confidence, promote well being and increase choices available in order to achieve their aspirations.



If you would like to know more about

Horizon Young Adult Carers Service contact us at...

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or simply text "ask" to 80800



Horizon Partnership is DISC, Cornforth Partnership, Action for Children and Consett YMCA



Horizon Young Adult Carers Service

Working in County Durham Supporting Young Adult Carers, aged 14 -25 through Transitions



Young Adult Carers are resilient, strong and capable people...



However they may experience multiple issues that require additional support .

The person they care for is usually a parent, sibling or grandparent and they may be required to carry out a variety of tasks like cooking, housework, shopping, physical and personal care, parenting younger siblings and providing emotional support.

They can be a primary, secondary or sibling carer within their family.



Possible effects of caring...

- Restriction on social lives
- Impact on further education and employment
- Social isolation
- Fear of professionals
- Restriction of future life choices
- Hidden from services
- Financial hardship

Care responsibilities also present numerous barriers to Young Adult Carers achieving good qualifications, employment, housing, relationships and reaching their full potential.



Horizon Offer...

- Support to identify future goals and aspirations
- Full assessment of needs
- Advocacy
- Transition support
- Information, advice and guidance
- Activities
- Family service
- Helpline
- Peer mentoring
- Volunteering
- Access to Carers Breaks; for example this could be a gym membership or driving lessons
- Access to County Durham Carers Discount Card

As well as offering direct support we offer training, information, advice and guidance to statutory and voluntary services and agencies working with Young Adult Carers.

