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### *Horizon Young Adult Carers Service*

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Horizon Young Adult Carers Service is a specialist Transitions support service for Young Adult Carers, aged between 14 -25 years in County Durham. This service is funded by the National Lottery Community Fund.

The service ensures that Young Adult Carers are heard, able to access appropriate services, gain confidence, have choices in life and the opportunity to achieve their aspirations.

#### *The Service Provides the Following:*

- **Care Planned, Key Worker Approach:** empowering service users to identify aspirations, set goals and receive on-going support from their worker.
- **Comprehensive Assessment completed:** ensuring the young person's needs are addressed, care responsibilities are reduced and life choices increased.
- **Transitions support:** facilitating with smooth transitions from Horizon Young Adult Carers Service to Durham County Adult Carers Support.
- **Information, Advice and Guidance:** This includes the issues that Young Adult Carers can face during transitions into adulthood, i.e. housing, health, education and employment.
- **Activities to facilitate confidence and skill building:** via respite activities, self-development training, support groups, etc.
- **Advocacy:** ensuring service users are heard and supported.
- **Peer Mentoring:** building confidence, skills and support networks.

During the current COVID-19 situation, the service has continued to provide support to our service users. We are also still carrying out assessments for new service users and have an open referral service in place.

We are currently providing virtual support to our service users via telephone support, Zoom support groups, text, e-mail etc. We are hoping to start more 1-1 in person contact with some of our most vulnerable service users, in the near future (following Government Guidelines as regards Social Distancing).

As well as offering direct support to Young Adult Carers, we can also offer training, information and guidance and advice to: statutory and voluntary services; schools and colleges; agencies working with children, young people and adults.

Our contact details are: Horizon Young Adult Carers Service

Telephone number 01325 731160

E-mail address: [info@humankindcharity.org.uk](mailto:info@humankindcharity.org.uk)

All enquiries are welcome.