

If you would like to know more, please contact

Horizon Young Adult Carers Support Service

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Horizon Young Adult Carers Support Service

County Durham



Horizon support 14-25 year olds who have caring responsibilities. Young Adult Carers are resilient, strong and capable people. However, they may experience multiple issues that require additional support.

Are you or someone you know caring for a parent, sibling, grandparent, another relative or friend? This could involve cooking, housework, shopping, physical and personal care, parenting younger siblings and providing emotional support.

Support includes;

- Full assessment of needs of you and your wider family
- Support to identify future goals and aspirations
- Advocacy
- Transition support
- Information, advice and guidance
- Activities
- Peer Support
- Peer Mentoring
- Volunteering
- Access to Carers Breaks
- Access to County Durham Carers Discount Card

Support is provided for up to 6 months and is designed around you and your support needs.



Images designed by
Horizon service users.

We have collected before and after comments from some of our young adult carers. They help explain our service impact.

BEFORE

“I felt trapped in the situation.”

“I had been quite ill and was finding it hard to cope.”

“I didn’t have very much confidence.”

“My knowledge about what is out there [resources and services] was very limited.”

“I never had time [for myself] because my life revolves around others.”

“I was not happy and had no quality in my life.”

AFTER

“I feel loads better about myself.”

“I am going to college, I would not have done that if it wasn’t for the project.”

“I can’t thank them enough, they have been brilliant.”

“I’m not depressed any more and that is because of the project.”

“I can be a kid, I am never a kid at home.”

“My family is better and I am better.”

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