

# Tower Hamlets Young Adult Carers Project

## Description

### Service Description

Tower Hamlets Young Adult Carers provides free one to one and group support for young people who look after a parent or close relative with long term mental illness, physical illness or disability. The service is focussed on emotional wellbeing and provides support for a range of personal issues as well as giving carers regular breaks from their home environment with sessions delivered by experienced staff who are able to listen and respond to their needs.

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## Additional Information

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Tower Hamlets Young Adult Cares provides

Group sessions, including:

- An informal weekly social group for carers to meet and make friends
- Monthly information sessions on topics like mental health, healthy eating, relationships, careers and personal development
- Monthly film club
- Day trips and activities (when not on lockdown) – museums and galleries, cinema and theatre, walking / hiking, residential trips, sporting activities, arts and crafts.

Targeted one to one support, including:

- Carers Needs Assessments
- Employment, education and training
- Housing
- Welfare benefits
- Mental health / emotional support

Services are aimed at the carer but family members may benefit from support indirectly e.g. through a Carers Needs Assessment.

## Suitable for ages

### Age of Users

From **16 years** to **25 years**

## Costs

### Cost

Free

## Questions & Answers

**Are The Premises Accessible For Wheelchair Users?** Yes

**Can Families Self-Refer To The Service?** Yes

**Do You Have Child Protection Policies And Procedures** Yes

**Do You Offer Specific Support For Children With Additional Needs?** No

**Is There A Waiting List?** No

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## Further Information

### Provider Type

Advice, Information and Support Services

### Provider

**Advice, Information and Support Services**

Tower Hamlets Young Adult Carers Project

## Contact Details

**Telephone No**

020 7790 1765

**Website**

<https://ccth.org.uk/services-for-carers/young-adult-carers/>

**Email Address**

[benjamin@ccth.org.uk](mailto:benjamin@ccth.org.uk)

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## Address Details

**Street Number**

21 Brayford Square

**Town**

London

**Postcode**

E1 0SG

[Visit service website](#)

## Opening Times

<b>Wednesday</b>	from	to
	09:30	17:00
<b>Thursday</b>	from	to
	09:30	17:00
<b>Friday</b>	from	to
	09:30	17:00

## Similar Organisations

- The Carers Centre
- Children And Adult Mental Health Project (CHAMP)
- Tower Hamlets Youth Council
- Barnardos Young People's Emotional Support Service
- New City College - Tower Hamlets