

YOUNG CARERS PATHWAY



Youth Offer



DreamArts Carers Express Program

DreamArts transforms young
lives through arts and therapy



www.dreamarts.org.uk



The Portman Early Childhood
Centre, 12-18 Salsbury Street,
NW8 8DE



About

Carers Express is a DreamArts project for children and young people ages who have caring responsibilities for a loved one. Carers Express runs free, creative school holiday projects, as well as a free photography project on some weekends.



Running dates & times

The program runs on
the first Sunday of
every month



Age Range

CYP ages 11
(year 7) – 19
years old



Localities

Westminster
borough




YOUNG CARERS PATHWAY A Visual Tool for Young Carers & their Families


1 Young Carer / Family 

A trusted adult will complete the young carers assessment with you and help you to think about the support you might need...


Next, they will talk you through the pathway services, organisations, clubs or activities that you/your family would like to join and/or be referred to for support...

2 Type of service 

3 Pathway of services, organisations, activities clubs offering support 

4 Young Carers Navigator 

The Young Carers Navigator will make contact and referrals on behalf of you/your family to the services, organisations, clubs and activities you would like to be connected with...

5 We'll support you 

The Young Carers Navigator will follow up with you/your family to see if you have been able to access services, activities etc. They will also ask you if you require any extra support.

Young Carers & Adult Carers Organisations	Family Lives Carers Network
Mental Health	Westminster KidsTime Workshop – a multifamily workshop for children with a parent or carer with mental illness.
SEND	Make It Happen Short Breaks
Early Help	We can connect you to the Early Help Service who also provide support for young carers and families and can help link you to other services.
Family	Westminster Parenting Support Groups
School	We can contact your school and speak to someone to ask them to make adjustments to your school life to support you in your role as a young person with caring responsibilities.
Therapeutic	DreamArts – Therapeutic Service
Youth Offer	DreamArts – Carers Express, Experiment & City Lions programs, Youth Hubs Renaissance Foundation and Unfold
Careers	Westminster Employment Service Careers advice, support with accessing university.

