

Young Carers Project

Short Break Sessions for 8 - 18 Year Olds

Training Workshops
ILP's Life Skills
FUN
Day Trips
Cooking Games



The Young Carers Project offers a weekly respite session for Young Carers aged 8 - 18 living in the London Borough of Tower Hamlets.
A variety of educational, enjoyable and fun activities are on offer on a Tuesday evening from 5.00pm - 7.00pm.

If you would like to find out more or make a referral, please contact young.carers@towerhamlets.gov.uk or call

0207 364 7395/3292