

# KERNOW YOUNG CARERS

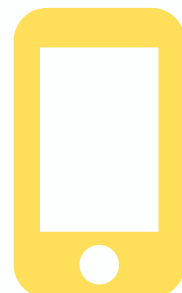
## BARNARD'S

**Changing childhoods.  
Changing lives.**

**Kernow Young Carers Service  
is in it's fourth year of partnership  
with CRCC, Disability Cornwall, Promas  
and Age UK to form the Cornwall Carers Service.  
Together we deliver a range of free high quality support  
services for unpaid Carers throughout Cornwall. These  
services include emotional support, information, advice and  
guidance, statutory assessments, access to grants,  
community support, carer specific training and dedicated  
services for Young Adult Carers (18-25 year old Carers)  
and Young Carers.**



**Do remember that the Advice Line on 01736 756655  
is available on  
Tuesday/Thursday 9-7pm and  
Monday/Wednesday/Friday 9-5pm  
to advise on any of the above.**



**Follow us on social  
media and  
keep up to date with  
useful  
resources,  
opportunities and  
activities Countywide  
for you  
and your family!**

**[www.cornwallcarers.org.uk](http://www.cornwallcarers.org.uk)  
[facebook.com/CornwallCarersService](https://facebook.com/CornwallCarersService)  
[twitter.com/cornwallCS](https://twitter.com/cornwallCS)**

**Especially for Young Adult Carers:  
[instagram.com/cornwallyacs](https://instagram.com/cornwallyacs)**

# KERNOW YOUNG CARERS

## National Volunteer Week 3rd - 9th June

We are celebrating  
National Volunteer Week  
by spotlighting a great Volunteer!

Hi! My name is Libby, and I'm proud to have joined  
Kernow Young Carers as a volunteer.

A little bit about me:

I'm a very creative thinker; I love photography and  
arts and all things nature. In my free time I enjoy  
nothing more than taking my English bulldog out to  
enjoy our beautiful Cornwall (Come Rain or Shine!). I  
am currently studying psychology at Plymouth  
University and am so excited to graduate in October!

My role within KYC:

I'm very passionate about supporting young people  
and helping create a safe, inclusive space where  
young carers can take a break, be themselves, and  
have a bit of fun. Whether it's lending a hand with  
activities, offering a listening ear, or just being a  
friendly face, I'm here to support the KYC  
community in building an environment where  
everyone feels heard and valued. I'm really looking  
forward to getting to know everyone and being part  
of the amazing work KYC does!

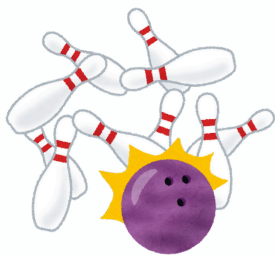


## VOLUNTEERS NEEDED

If you, or anyone you know, would like  
to join Libby as  
a volunteer for Kernow Young Carers  
please contact  
[kernowyoungcarers@barnardos.org.uk](mailto:kernowyoungcarers@barnardos.org.uk)

# KERNOW YOUNG CARERS

## Easter Activities Bowling and Table Tennis





# KERNOW YOUNG CARERS

## Easter Activities

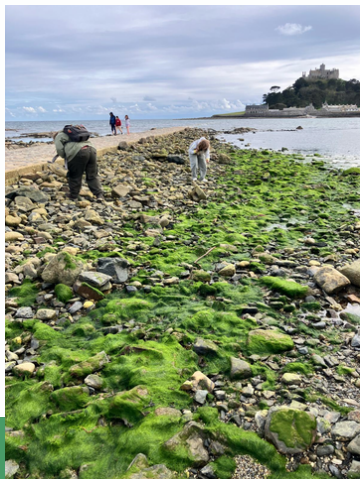
### Art Workshop - soap sculpture & Cyanotype photography





# KERNOW YOUNG CARERS

## Young Adult Carers Activities St Michaels Mount and Porfell Wildlife Park



THANK  
you

To Volunteer Cornwall Booking Team and  
Drivers, Ozzell Bowl, St Austell Table  
Tennis Club, Rowena Tarplee,  
St Michaels Mount and Porfell Wildlife  
Park staff for enabling this fun to  
happen!



# KERNOW YOUNG CARERS

## Useful information



**Glendurgan Garden Family Walks**

For families with children up to 10 years old.  
Walks suitable for buggies and prams.  
Light refreshments provided.  
Free parking and free access to the gardens.

**9TH APRIL 10:30 - 12:30**  
**19TH JUNE 13:30 - 14:30**  
**7TH AUGUST 10:30 - 11:30**  
**28TH AUGUST 10:30 - 11:30**  
**30TH OCTOBER 10:30 - 11:30**

MAWNAN SMITH, FALMOUTH,  
CORNWALL, TR11 5JZ

To register, get in touch:  
01872 324200

**FREE**

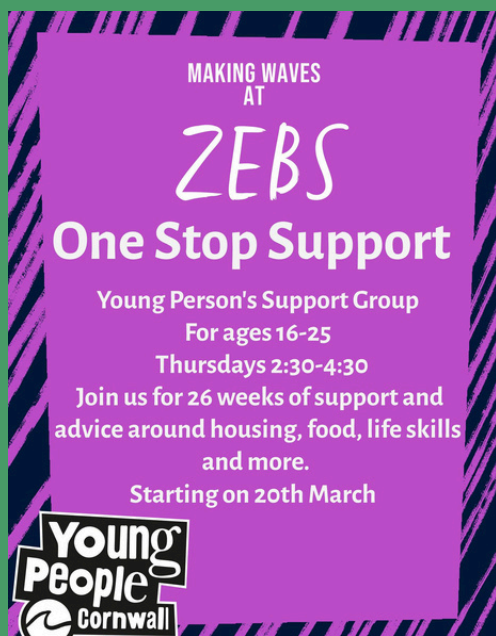
Healthy Cornwall. 01872 324200  
[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)

## Cornwall Neighbourhoods for Change

Bringing communities together to do the things that matter most, providing people with opportunities to live their best life, become better off and to make better sense of the system

### What we do

Cornwall Neighbourhoods for Change works to connect people with opportunity and invests in communities providing crisis support, job search, learning and skills training; social groups, cooking courses, wellbeing activities and allotment schemes.

MAKING WAVES AT  
**ZEBs**  
**One Stop Support**

Young Person's Support Group  
For ages 16-25  
Thursdays 2:30-4:30  
Join us for 26 weeks of support and advice around housing, food, life skills and more.  
Starting on 20th March

**Young People Cornwall**



**ATTENTION PLEASE!**

**11-13 YEARS YOUTH CLUB**

Zeb's Youth Club in Truro have been making a few changes and we will be starting a new session for 11-13 years on Fridays 6-9pm  
First session starts this week!  
Please scan the QR code to register (Parental consent required)

@youngpeoplecornwall