

**Are you from
an armed
forces family?**

**Do you care for
someone at home?**

**You might be a young carer
and our nexus youth voice
group is for you.**

NEXUS



**The
Children's
Society**

What is, **the project?**

Here at The Children's Society we're starting a new project called Nexus for young carers within armed forces families. Young carers are often not recognised, and young carers within armed forces families even less so! We're looking to change this – with your input and ideas.

To do this we're creating a **youth voice group**.

If you're a young carer aged 8 to 18 in an armed forces family, this is the group for you. You'll be able to meet with other young carers from across the country, share your opinion on the issues that affect you, and take part in fun activities and trips away. We want to hear what you want to make (art, music, or videos!), what you're interested in, and what you want people to know about your life and experiences as a young carer, as well as your life outside of being a young carer.

If you think you would like to be involved, or would like more information show this leaflet to a parent, carer or professional you trust.

A young carer is somebody under 18 who helps take care of somebody else because they have a disability, a long-term illness or mental health condition, or an addiction.

"I have loved being able to make friends, as well as share my ideas and have my voice heard."

Young person

What will you be doing?

You'll ...

- take part in fun activities virtually, face-to-face, and at residential weekends away.
- have the opportunity to attend events and represent young carers in armed forces families.
- tell us who you are outside of your caring role.
- create positive campaigns and resources, including filming videos.
- input your views, experiences, and ideas.

What will you gain?

As part of the group, you'll gain ...

- connections with other young people across the country with similar experiences
- a wider support network
- the opportunity to develop your leadership and influencing skills, which you can showcase on your CV or personal statement
- new experiences
- awards and recognition of your impact and hard work.

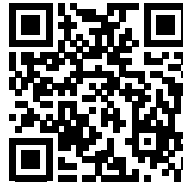


For more than 140 years, The Children's Society has been here for children and young people when they most need support.

We offer vital help when they're facing huge life challenges like abuse, exploitation, and neglect. And we campaign tirelessly for the big social changes we need.

Together, we can build a society where every child is safe, happy, and hopeful.

The QR code below will take you to our online referral form that you can complete on behalf of a young carer.



For more information:

Visit : **childrenssociety.org.uk/nexus**

Email: **include@childrenssociety.org.uk**

Telephone: **01962 711 511**

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