

Groups

What happens in group?

At our groups, you can join in with activities, you like doing. There is a mix of games, arts and crafts, and chances to get active.

As a young carer, you can also help plan activities. You can have fun, learn new skills and make friends. Our friendly staff are always around if you want someone to talk to. As spaces are limited there may be a waiting list.

Please remember that spaces are limited, so you might be placed on a waiting list.

Group locations

- **Mondays** *Ages 13–18 yrs*
Portsmouth Carers Centre
117 Orchard Road, PO4 0AD
- **Wednesdays**
Ages 8–12yrs and 11–18yrs
Paulsgrove Family Hub
Cheltenham Road, PO6 3PL
- **Saturdays** *Ages 8–14 yrs*
John Pounds Community Centre
Queen Street, PO1 3HN
For more information contact details can be found on the back page of this leaflet.
- **Young Adult Carers** *Ages 18–25 yrs*
Please call Carers Centre for details and timings on **023 9285 1864**



Contact us

✉ youngcarers@portsmouthcc.gov.uk

🔍 Search '**Portsmouth family hubs**'
on portsmouth.gov.uk

☎ **023 9288 2588**

📍 **Somerstown Family Hub**
Omega Street, PO5 4LP



You can get this information in large print, Braille, audio or in another language by calling **023 9288 2588**

Designed by: design@portsmouthcc.gov.uk
Published: **August 2025** • Ref: **79.173**

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Portsmouth Young Carers Service



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**Family
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Are you a young person helping to care for someone in your family?

Do they need your support because they are unwell, have a disability, struggle with their mental health or their drug or alcohol use impacts on you and your family?

If so, you're a young carer, and we're here to help!

As a young carer you might help with:

- **Practical tasks such as:**
 - cooking
 - cleaning
 - helping with medication
 - money management
- **Emotional support**
Such as providing comfort and reassurance.
- **Personal care**
You might help with dressing and washing.
- **Looking after siblings and other family members.**
- **Helping with communication.**

Portsmouth Young Carers Service provide:



Groups



Holiday activities



Support in schools



1-1 support



Advocacy – be the young person's voice



Training for professionals and organisations



Bespoke school/college support (training, assembly delivery, YC networks and resources)



Holiday activities

We offer fun activities during school holidays (except Christmas) for **young carers aged 5–18**. Some sessions are designed for specific age groups, while others are open to everyone.

Our sessions usually last between 1–3 hours and can include:

- 🎨 Arts, crafts, and games
- 🏆 Sports
- 👨‍👩‍👧‍👦 Family activities
- 🎬 Visits to museums, skate parks, and cinemas
- 🌍 Participation in local community events.

There's something for everyone!