

# YOUNG CARERS



**ARE YOU** aged 8 to 18?



**DO YOU** help to look after your mum, dad, brother, sister or other relative because they are ill or have a disability?



**DO YOU** sometimes worry about them?



**DO YOU** ever feel alone with no-one to talk to?

**IS THERE** any other information you think might help you?

**WE MEET REGULARLY** for laughs, advice, fun, friendship and support!

**DO YOU ...?**

**HELP WITH PERSONAL CARE?**

**COOK?**

**CLEAN?**

**LOOK AFTER BROTHERS OR SISTERS?**

**PAY BILLS?**

**GIVE LOTS OF HUGS?**

**CHEER THEM UP?**

**HELP GIVE MEDICATION?**

**COLLECT PRESCRIPTIONS?**

**GIVE EMOTIONAL SUPPORT?**

**DO THE SHOPPING?**

**YOU MAY FEEL...**

**HAPPY**

**WEAK**

**PROUD**

**ANGRY**

**FRUSTRATED**

**STRONG**

**ANNOYED**

**SAD**

**DEPRESSED**

**SCARED**

**GUILTY**

**LONELY**

**WORRIED**

**STRESSED**

**CONFUSED**

**SKILLED**

**LOVING**

**TIRED**

**STRONG RELATIONSHIP**

**YORK CARERS CENTRE**

**PHONE** 01904 715490

**EMAIL** [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

**WEB** [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## FIND OUT MORE...



### York Carers Centre

phone 01904 715490

fax 01904 624413

enquiries@yorkcarerscentre.co.uk

www.yorkcarerscentre.co.uk

registered charity number 1127644

#### York Carers Centre

is an independent body that helps unpaid carers in York find the support they need.



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York  
Carers  
Centre



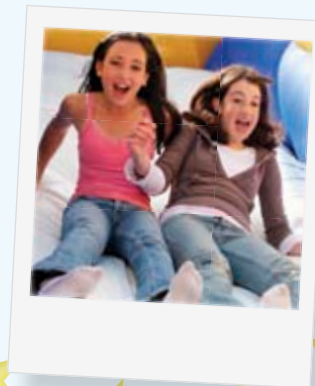
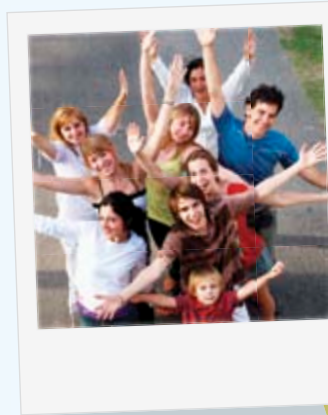
NHS  
North Yorkshire and York

## HERE'S WHAT WE DO

### LAFFS

(Laughs, Advice, Fun, Friendship & Support)

Monthly groups where you can chat, play games and chill out with other young carers.



### EVENTS

Activities, trips and residential holidays that give you a break and time to try fun new things.



### 1:1s

A chance to get to know your key worker and talk to them about any issues you have because you are a young carer. Usually involves a cup of tea.



### CARERS EMERGENCY CARD

A card you can carry so you don't have to worry about what will happen to the person you look after if you have an emergency.

### DISCOUNTS FOR CARERS

York Carers Centre offers carers discounts at businesses in York.

### YOUNG CARERS REVOLUTION

A group of young carers who speak out about the issues that affect them and let those in power know what needs to be changed to make a real difference.



### SCHOOLS WORK

We can do a variety of work in schools to help staff and pupils understand what it is like to be a young carer and how they can support you.



### 18 TO 25 YEAR OLDS

1:1 support for young adult carers. We also meet regularly as a group for a pub quiz and a cinema club.