

## Adult carers

Adult carers have a very wide range of needs so we offer help to suit each carer's individual situation.

## Young carers

We offer young carers (aged 8 to 18) one to one support, regular groups and trips out.

## Young adult carers

We offer support to young adult carers (aged 18 to 25) including regular social activities and trips.

## Out and about

We want to make it as easy for carers to get help from us. We regularly hold events and advice sessions in local venues. Details can be found on our website: [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)



## Get in touch



Phone:  
**01904 715490**



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



Visit our website:  
[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## Donate money or time

If you would like to make a donation or volunteer contact the Centre on **01904 715490** or visit our website: [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

York  
Carers  
Centre



**This leaflet is also  
available in large print**



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# York Carers Centre



York  
Carers  
Centre

York Carers Centre helps  
unpaid carers in York find the  
support they need



## What is a carer?

Carers provide regular, unpaid help to someone close to them due to frailty, physical or mental illness, addiction or disability.

Carers may help with personal care (washing, bathing, dressing, feeding), medication, cooking, shopping, housework and giving emotional support.

Many people do not recognise themselves as carers. Carers can be any age. They are parents, grandparents, children, partners, friends or neighbours doing what needs to be done to maintain the quality of life for someone close to them. They may not realise that support is available to help them.

## York Carers Centre

We give free help to carers living, or caring for someone who lives, in York. Support can be given over the phone, at the office, or we can arrange to see carers at home or in another suitable place.

Ring us on **01904 715490**

## Advice and information

We regularly answer questions about:

- benefits
- community care
- carers' rights
- self directed support
- care homes and funding
- local support groups and services
- grants
- complaints about services
- how to find specialist information relating to illness, condition or disability

## We offer carers

- a Carers Emergency Card
- discounts at businesses in York
- free, regular newsletters
- social activities for carers
- employment, education and training support. For example, help to develop your CV
- help filling in forms
- the opportunity to have their voice heard by decision makers

