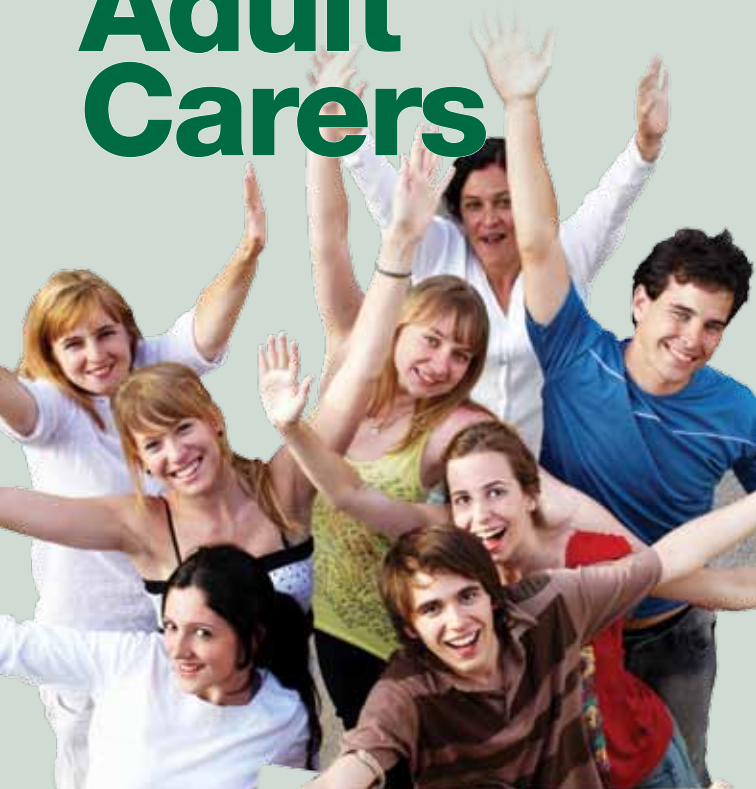


Young Adult Carers



Hands up if you are between
16 and 25 and help to look
after someone

York
Carers
Centre

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



Are you 16 to 25?

Do you help to look after a parent, sibling, partner, grandparent or other relative who...

- has a disability
- is frail or elderly
- has mental ill health
- has drug or alcohol issues
- has an ongoing illness, or
- a similar problem?





Do you...

- worry about them
- ever feel alone with no one to talk to
- feel that you need information or support
- organise or attend appointments
- deal with medication, pay bills or sort paperwork
- provide personal care
- cook or clean for them
- help with younger children, or
- support them in other ways?

If you have answered yes to any of these questions then you may be a young adult carer

We can offer you

Events: Day trips out and evening social activities to give you a break from your caring role and an opportunity to meet other young adult carers.

Residential weekends: A few nights away from home to give you a well earned break.

One to one support: A chance to have a chat, let off some steam and get any advice and support you need in relation to your caring role.

Accredited projects: One off projects where you can have fun and socialise but also work towards an accreditation, which looks great on your CV.



We also offer

- **Carers Emergency Card:**
A card you can carry in your wallet so you don't have to worry about what will happen to the person you look after if you have an emergency situation.
- **Opportunities to get your voice heard:**
A chance to speak about the issues that affect you as a carer, through forums like the Young Carers Revolution. This is your opportunity to let those in power know what needs to be changed in order to make a real difference to carers.
- **Discounts at businesses in York**
- **Employment, education and training advice:** for example, help to develop your CV.



Get in touch



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Visit our website:

www.yorkcarerscentre.co.uk

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



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