

Do you care for someone?

YOU ARE NOT THE ONLY ONE...

If you are aged between 5-17 years and are helping to care for someone with a long term illness or disability (including mental health or substance misuse) you are a young carer and we are able to help.

You May Take On Some Of The Following Tasks:

- ▶ Housework, Cooking, Shopping, Cleaning
- ▶ Communication
- ▶ Fetching/Administering Medicine
- ▶ Listening/Emotional Support (helping someone to feel ok)
- ▶ Looking after Siblings
- ▶ Financial Help i.e. Paying Bills, Reading Letters

Types Of Support We Can Offer:

- ▶ Information/Advice
- ▶ Meeting Others in a Similar Situation
- ▶ Social Activities/Groups
- ▶ Family Help/Support Planning
- ▶ Working with Schools
- ▶ Awareness Raising
- ▶ 1-1 Support

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