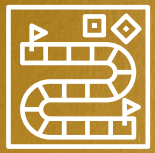
CARERS TRUST

Heart of England







Young carers

Caring Together

Warwickshire







ARE YOU A YOUNG CARER?

Young Carers are people aged between 6 and 18 years old who have a responsibility for looking after or helping someone else to look after a person who has any of the following:

- **A disability**
- **A long term illness**
- **A mental health illness**
- **An addiction to drugs or alcohol**

The person you care for could be your mum, dad, brother, sister, grandparent or even a close friend. As a Young Carer you may help out with some of the following:

- **Shopping**
- **Cooking**
- **Cleaning**
- **Making sure the person you care for takes their medicine**
- **Listening to the person you cared for**
- **Taking care of siblings**







Whether you need a chat, information, advice or want to get involved with our groups and activities, **we are here to help and support you!**

If you think you might be a young carer or just want to find out more about our work, please get in touch - **we look forward meeting you!**

Young Carers Caring Together Warwickshire

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Next Steps...

Scan the QR code

Complete our short enquiry form

Our team will contact you to talk about your caring role

Receive support, make friends & learn new skills!

SCAN ME

CaringTogetherWarwickshireYoungCarers

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