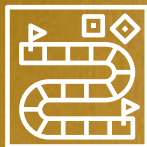


**CARERS
TRUST**
Heart of England



**Caring
Together**
Young Carers 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!**

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**

 **caringtogetheryoungcarerswarks**

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 **0800 197 5544**