

NOTTINGHAMSHIRE COUNTY

**young  
carers**

#EMPOWER #SUPPORT #IDENTIFY #INVOLVE



SUPPORTING **YOUNG** CARERS

TEL: 0300 500 80 80 ←



(REQUEST A YOUNG CARER'S ASSESSMENT)

[WWW.CARERSTRUSTEM.ORG/YOUNG-CARER-PROJECT](http://WWW.CARERSTRUSTEM.ORG/YOUNG-CARER-PROJECT)

# SUPPORTING YOUNG CARERS

As a young carer you may look after someone in your family – perhaps your mum, dad, grandparent, brother or sister.

They may need help from you because of an illness or disability.

This service is for young carers aged 7 to 17.

It aims to help you:

- increase your self-esteem
- feel more in touch
- connect with other young carers
- feel more positive
- get support from others
- be part of the community

The young carers service offers you the chance to meet in a group with other young carers, have fun, learn new skills and try different activities, such as:

- first aid training
- practical skills
- cooking, baking and eating
- arts and crafts
- swimming and canoeing
- bowling, archery, paintballing and laser quest

