

# ARE YOU A **YOUNG CARER** AGED 5-17?

## DO YOU KNOW SOMEONE WHO IS A **YOUNG CARER**?



**A Young Carer is a child who helps to look after someone in your family because of:**

**Disability**

**Mental illness**

**Long term physical illness**

**Drug or alcohol misuse**

**Young Carers  
Support Service  
can help a Young  
Carer by providing:**

- Two drop in sessions in East Ham Library between 4pm-6:30pm giving Young Carers a chance to have a break from their caring role
- Weekly youth forum, giving an opportunity to share their thoughts with other Young Carers, shaping the direction of the programme
- Information and advice, as well as accessing Young Carers Assessment
- Access to trips and activities during school holidays

Please come along to our drop in sessions held every Monday & Wednesday 4:00-6:30pm at:  
East Ham Library, 328 Barking Rd, London E6 2RT. Or

leave your contact details and we will get in touch with you:

Phone: 020 3954 3143 | Email: [info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)



**Please turn over to find out more about what Young Carers do**