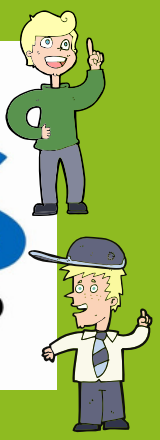


YOUNG carers NORTHUMBERLAND



What is a young carer?

A young carer is someone under 18 who helps look after someone in their family, who is ill, disabled, has a mental health condition or misuses drugs or alcohol. They might help with practical tasks at home, physical care, emotional support, look after siblings, run errands, go shopping or remind the person they look after to take their medication.

Who are we?

We are a charity based in Ashington that support young and adult carers across Northumberland, ensuring that children and young people have the support they need to learn, develop and thrive. We travel to where you are to help.

What support can we offer you?

- A young carer card (this will allow you entry into some places like museums, cinemas etc. for free or discounted if you are with the cared for)
- 1-1 support in school (6x1 hour sessions to provide coping strategies to balance your wellbeing with your caring role)
- Access to free/low cost activities like boxing, ziplining, Zoom cooking sessions, cinema, trampolining etc.
- Access to family grants
- Free use of our Alnwick Garden/Lilidorei and museum passes
- Support with career, education or employment opportunities

Want to know more?

Get in touch today!

Call: 01670 320025
Email: youngcarers@carersnorthumberland.org.uk
Facebook: CarersNland
Website: www.carersnorthumberland.org.uk

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Northumberland County Council