

ARE YOU UNDER 18 AND HELP TO LOOK AFTER SOMEONE AT HOME?

IF SO, YOU ARE A YOUNG CARER



A young carer is someone under 18 who looks after a parent or another family member. They take on physical and emotional duties that adults usually handle. It can feel scary and isolating.

WE'RE HERE TO HELP

At Carers Trust Heart of England, we make sure young carers get regular breaks, and can join in fun activities with other young people.

We offer practical and emotional support to ensure young carers enjoy and achieve.

JOIN OUR #TEAMYC

✉ youngcarers@carerstrusthofe.org.uk

🌐 www.carerstrusthofe.org.uk

📷 [youngcarerscoventry](https://www.instagram.com/youngcarerscoventry)

📘 [Coventry Young Carers Services](https://www.facebook.com/CoventryYoungCarersServices)

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Heart of England

