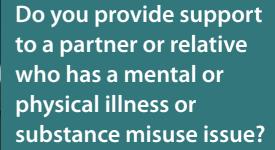


Scarborough & Ryedale

**Carers** Resource

## Are you aged 16-35?





Are you the parent of a disabled child?

If so you are a Young Adult Carer and we can help you!

We're here to support you!



Young Adult Carers support for people aged 16-35



We focus on you and help reduce the stress of caring by:

- Giving impartial information and advice
- Providing emotional support & time to talk
- Guiding you through the 'red tape' of authority
- Helping to maximise your income
- Signposting to appropriate services
- Providing information and practical support with training, volunteering & employment
- Giving you an opportunity to meet other carers at events & social outings

Call us on: 01723 850155

Phone: 01723 850155

Email: staff@carersresource.net Website: www.carersresource.net







**Scarborough & Ryedale Carers Resource** 96 High Street, Snainton, Scarborough YO13 9AJ







