

If you are a Young Carer
you're not alone...



If you help to support
someone in your family

...we can help!

We offer a range of support

- A named Support Worker
- One to One and family support
- Focused Groups
- Opportunities to meet other Young Carers
- Support in School

There are lots of ways to get in touch with us



@srcryc



@srcarers



www.carersresource.net (Young Carer pages)



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