

What young people say about being a part of the young carer service...

"I don't know what I would do without the young carer service"

"Having a Young Carer Worker to talk to made me a lot happier and more relaxed."

"I feel better because I know it's not just me it's happening to."

"The young carer service gives me a chance to have a break from caring."

"I enjoy going to youth club because I can be with my friends and have fun."



Get in Touch



Opening Times

Monday	9am - 5pm
Tuesday	9am - 5pm
Wednesday	9am - 8pm
Thursday	9am - 5pm
Friday	9am - 4.30pm

 @yorkcarers

 Find **Young Carers Revolution** on YouTube

A Network Partner of
CARERS TRUST




Vale of York
Clinical Commissioning Group

**York Carers Centre**
Free Support for Unpaid Carers

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**York Carers Centre**
Free Support for Unpaid Carers

Young Carers



Are you aged 5 to 18?

Do you support someone at home with a disability, illness, mental health condition, or problems with drugs or alcohol?

We can help to support you!

Registered charity number: 1127644
Company number: 06760783

You may...

Look after
brothers or
sisters

Do the
shopping

Care for
parents or
grandparents

Collect
prescriptions

Give medication

Clean

Give
emotional
support

Cook



You may feel...



Lonely

Proud Sad
Strong

Guilty
Worried
Angry



You care and so do we

Here's what we offer

Youth groups

We run monthly groups for different age ranges. You can chat, make new friends, play games and chill with other young people who may be in a similar situation to you.



Events

Activities and trips that give you a well earned break from caring and a chance to try new fun things.



1:1s



1:1 support gives young carers a chance to talk and set goals. We can work through any issues or problems that may be worrying you.

Young carers assessments

We can visit you at home or at school to carry out a young carer assessment. This helps us to find out a little more about you and your caring role.

Discounts for carers

Our Carers Discount Card gives you discounts at a range of shops and services in York.



Carers Emergency Card

A card you can carry so you don't have to worry about what will happen to the person you look after if you have an emergency.



Young Carers Revolution

You can join this group of Young Carers that regularly meet up to speak out about issues that affect them. These young people let those in power know what needs to be changed to make a real difference.



Schools work

We work with schools to help staff and pupils understand what it is like to be a young carer and how they can support you. In some schools we run a drop-in, exclusively for young carers. We can also help your school gain national recognition through the Young Carers in School Award.

Your school can be awarded for good practice, giving young carers equal access to education and future life chances.



18 to 25 year olds

We also support young adult carers, offering one to one support and social events.