

# Harrogate and Craven Young Carers

Supporting Young Carers and their Families



Our service provides:

- + 1:1 support
- + Someone to listen
- + Someone to advise
- + Opportunity to meet other young carers
- + Activities and trips
- + Residentials
- + Time to be yourself
- + Gives you space
- + Opportunity to do things you love

We firmly believe young carers should be given the same opportunity as other young people.

**“The young carers group gave me space - space to be myself, space to have fun and enjoy myself, and space to talk if I wanted to”**

Jenny, 14

**“I didn’t think I was a young carer at first. I just did what I could for my mum. Sometimes I missed playing out with friends. That was hard. But that’s what being a young carer can be like”**

Carl, 11

As a young carer you may be helping by:

- + Cleaning
- + Cooking
- + Washing
- + General household chores
- + Helping with personal care
- + Keeping someone company
- + Listening to someone’s problems
- + Lifting someone
- + Helping with medication
- + Shopping

The person you care for may be:

- + Parent
- + Grandparent
- + Brother or sister

To find out more visit: <https://services.actionforchildren.org.uk/harrogate-and-selby-young-carers/> or [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk). Useful contacts: [ne.yc@actionforchildren.org.uk](mailto:ne.yc@actionforchildren.org.uk) or 07702512771.