



Cheshire Young Carers

Supporting young carers  
in education

Are you a  
young carer?



Do you help to look after someone at home?

It may be a parent, brother, sister or grandparent?

They may be unwell or disabled?

They may have mental health and substance issues?

Do you help someone with:

- Shopping
- Washing & dressing
- Cooking & cleaning
- Paying bills
- Looking after siblings
- Emotional support
- Doctors visits
- Medicines?





If you answer yes to 3 or more of these questions, then you may be a young carer.

### **Who can I talk to about this?**

Go to a member of staff that you feel comfortable with as they are there to listen and want to support you.

**Don't stay silent, get the help and support you deserve!**



# How to contact us

Telephone: 0151 356 3176

Email: [info@cheshireyoungcarers.com](mailto:info@cheshireyoungcarers.com)

Visit our website: [www.cheshireyoungcarers.org](http://www.cheshireyoungcarers.org)



Cheshire Young Carers

Registered Charity no. 1151399

**Cheshire Young Carers**

Northern Lights Business Park, Rossfield Road, Ellesmere Port CH65 3AW

Tel: 0151 356 3176