



Being a young carer can be tough...

...but we can help

Do you help look after someone in your family who has an illness or disability? Looking after someone can be tough — extra worries, more stress, juggling school, friendships and caring. But we're here for YOU!

With Surrey Young Carers you can get...

- Time out for some fun and a break.
- The chance to meet other young people just like you.
- Events for support and information.
- Help to achieve your goals.

*Get in touch with Surrey Young Carers, part of
Action for Carers Surrey, to find out more!*

 call 01483 568269

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www.actionforcarers.org.uk



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