



# Cheshire East



# YOUNG CARERS

If you are under 18 years old and help look after someone in your family, or a friend, who is ill, disabled, has a special need or misuses drugs or alcohol, then please get in touch. You may help them with practical or emotional support.

If you are unsure whether this service is for you, get in touch and we can talk about it with you.



## Here are some ways we can support you:

- Listening to you and helping you to think about what would make a difference through a Young Carers Assessment
- Giving you information and training about the illness or disability of the person you care for
- Help for you to be listened to and have your voice heard
- Helping you to get in touch with other services
- Introducing you to other young carers
- Talking to you about ways in which you can take a break and have some fun by supporting you to access group work and activities
- Regular newsletters full of information and activities

We know it can be hard to pick up the phone, so we can reach out to us by text or email.

One of our young carer support workers will respond to you using the method that suits you best i.e. text, phone or email and have a chat with you about you and your caring role.

You can then together, decide on a plan that will work for you, based on your needs and wishes, and also help you talk to other people who can help, including teachers, employers or other services.



**Text us on**

**07866 821 609**



**Call us on**



**0300 303 0208**



**Email us on**



**[enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)**

You can access our website by scanning the QR code  
**[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)**

We're also on **Facebook**  
**Cheshire East Young Carers Hub**

