



Are you a Young Carer?

Being a Young Carer shouldn't be a barrier to a Young Carer's Dreams

- ▶ Do you make dinner most evenings?
- ▶ Do you put the washing machine on as nobody else does?
- ▶ Do you help look after someone in your family either physically or emotionally who has an illness, a disability, a mental health problem or a substance misuse problem?
 - ▶ You are a Young Carer.
- ▶ Come and meet and share your experiences with other Young Carers
- ▶ On the last Tuesday of every month during PSHE in the Sanctuary
 - ▶ Email sanctuary@mybiddenham.com
 - ▶ Visit <https://carersinbeds.org.uk/young-carers-home-page/>

