

This service is for
Young Carers
aged 7 to under
18 years old.

As a Young Carer you may look after someone in your family - perhaps your mum, dad, grandparent, brother or sister.

They may need help from you because of an illness or disability.

The Young Carers Service offers you the opportunity to meet in a group with other young carers, have fun, learn new skills, try different activities such as:

- ♦ Arts & Crafts
- ♦ Swimming & Canoeing
- ♦ Bowling & Archery
- ♦ Paintballing & Laser Quest
 - ♦ Cook & Eat
 - ♦ First Aid Training



To access the
Young Carer Service, in the first
instance please contact
Nottinghamshire County Council
and request a
Young Carers Assessment on
0300 500 80 80

Already had a Young Carers
Assessment? You might be due for a
review, ring the above number or
Carers Hub for details 0115 8248 824

The young carers service is funded by the NHS
and Nottinghamshire County Council.

The service will support young carers to:
increase their self-esteem, feel more in touch
with other young carers, feel more positive about
engagement, feel less socially isolated,
identify peer support.



**Nottinghamshire
County Council**

NOTTINGHAMSHIRE COUNTY

young

carers

#EMPOWER #SUPPORT #IDENTIFY #INVOLVE

Young
Carers
Service in
Nottinghamshire