

# Young Carers and Families



 young carer

**A young carer or parent carer cares for someone in their family who is ill, has a disability or experiences mental health, drug or alcohol issues.**



 parent carer


**We can help a parent carer looking after a child with disabilities:**

- ▶ by listening and understanding
- ▶ with information on what support is available and how to access it
- ▶ with benefits applications

**We can help a young carer looking after a parent or brother or sister:**

- ▶ by offering one-to-one mentoring at difficult times
- ▶ by arranging fun trips and running a young carer youth club
- ▶ by encouraging and supporting them to stay on at school and achieve their potential



 young carer



 parent carer



 young carer



parent carer

*"I missed a lot of school because Dad wasn't well and I didn't like leaving him in case he tried to hurt himself."*

**Danielle, 15, young carer**

*"The Carers' Resource helped me claim Disability Living Allowance for my daughter which helped with my financial problems. And they encouraged me to start training and to think about going back to work."*

**Parent carer of Laura, 13**



young carer

Carers' Resource gives tailored and confidential support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.



parent carer



young carer



parent carer

**The Carers' Resource has offices for:**

**Harrogate and district**

11 North Park Road  
Harrogate HG1 5PD  
Telephone: 01423 500555

**Bradford and Airedale**

Unit 15, Park View Court  
St Paul's Road  
Shipley BD18 3DZ  
Telephone: 01274 449660

**Ripon and rural area**

Community House  
Sharow View  
Allhallowgate  
Ripon HG4 1LE  
Telephone: 01765 690222

**Craven and Airedale**

Griffin House  
Broughton Hall Business Park  
Skipton BD23 3AN  
Telephone: 01756 700888

**info@carersresource.org**  
**www.carersresource.org**

This leaflet is kindly sponsored by  
The Kirkby Foundation



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Registered charity No. 1049278. Company registered in England No. 3054273  
Registered office: 11 North Park Road, Harrogate HG1 5PD.