Young carers have lots of extra responsibilities because they look after a family member with an illness, disability or an addiction.

Does this describe you or a young person you know?

If so, please contact us.

info@carersresource.org
www.youngcarersresource.org
Carers’ Resource helps young carers by providing them with:

- After school clubs and trips in the holidays
- One-to-one support at times of crisis
- Website and social media

**Harrogate District:**
11 North Park Road
Harrogate HG1 5PD
Tel: **01423 500555**

**Craven District:**
Ronaldsway House
36 Brook Street
Skipton BD23 1PP
Tel: **01756 700888**

**Bradford District:**
Unit 15 Park View Court
St Paul’s Road
Shipley BD18 3DZ
Tel: **01274 449660**