


DO I LOOK LIKE I CARE?



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.

 **carers'**
resource

Young Carers

info@carersresource.org
www.youngcarersresource.org

Carers' Resource is a charitable company limited by guarantee.
Registered charity No. 1049278. Company registered in England No. 3054273.
Registered office: Unit 3, Grove Park Court, Grove Park Terrace, Harrogate, HG1 4DP.



 **Relieve the pressure**



 **Breaks & clubs**



 **Support at school**



 **Careers advice**



 **Family support**



 **Rights & safeguarding**

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:

Unit 3 Grove Park Court
Grove Park Terrace
Harrogate HG1 4DP

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**

Selby District:

Community House
Portholme Road
Selby YO8 4QQ

Tel: **0808 50 15 939**

