

How to contact us

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Cheshire Young Carers

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Cheshire Young Carers

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Cheshire Young Carers

Supporting young carers
in education

Are you a
young carer?



Do you help to look after someone at home?

It may be a parent, brother, sister or grandparent?

They may be unwell or disabled?

They may have mental health and substance issues?

Do you help someone with:

- Shopping
- Washing & dressing
- Cooking & cleaning
- Paying bills
- Looking after siblings
- Emotional support
- Doctors visits
- Medicines?



If you answer yes to 3 or more of these questions, then you may be a young carer.

Who can I talk to about this?

Go to a member of staff that you feel comfortable with as they are there to listen and want to support you.

Don't stay silent, get the help and support you deserve!

