

## How it all works:

Someone refers you to us



We visit you at home



We ask you questions about how you help out at home



We have a meeting where we decide what we can offer you



We send you a letter telling you what we can do to help!

If you would like to know more about our service, call us on:

**(01908) 231 703**

and ask to speak to Sarah or David

Or write to us at:

Carers Milton Keynes  
The David Baxter Centre  
63 North Seventh Street  
Central Milton Keynes  
MK9 2DP

Or go to:

[www.carersmiltonkeynes.org](http://www.carersmiltonkeynes.org)

Charity Number: 1116804



The Princess Royal Trust  
for Carers



# Are you a Young Carer?

## What is a Young Carer?

A “young carer” is somebody from the age of 8–19yrs who is living with and looking after someone with a long term illness, a physical disability or a mental health problem AND where this has a significant effect on the young person.

If you’re a “young carer” you’ll probably spend a lot of time doing things for other people in your family who cannot do those things for themselves. Examples are helping someone to bath, giving someone their medicine or keeping an eye on someone if they drink too much alcohol or take dangerous drugs.

Some “young carers” live with people who behave oddly at times or may have big mood swings. This may also make it difficult to live with that person.

There are LOTS of other things that “young carers” do so if you’re unsure please give us a call.

## What do we do to help?

Sometimes “young carers” miss out on important things like school, sports, hobbies and socialising because they’re so busy helping out or they are worried about the person they look after.

That is where ‘**Young Carers Milton Keynes**’ comes in! We want to make sure that you are able to enjoy being young, and achieve all the things that you want to, so we run a service especially for young people like you.

Our aim is to reduce caring responsibilities where possible and support young carers where the caring role is ongoing. We may try to involve other support services in doing this.



We do a lot of things, including:

**One-to-one support** if you need someone to talk to

**Advice and information**

**Social and support clubs** where you get to meet other young people like you

A **newsletter** every 3 months

**Activities and outings** where funding is available

