



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, a mental health problem or problems substance misuse.

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 to support you.



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

If you would like to know more about our service, call us on **(01908) 231 703**, or email **mail@carersmiltonkeynes.org**

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

Charity Number: 1116804



The Princess Royal Trust
for Carers