

A Young Carer is...

- Children and Young People between the ages of 5 yrs and 18yrs, male or female.
- They care for a member of their family, usually their mother, father, brothers, sisters, or grandparents with disability or illness.

You might help by...

giving medication

shopping

cooking

looking after
brothers or sisters

washing

listening

cleaning

You might do one or
all of these.

How do you feel...

Young People who care for someone can
sometimes feel.....

tired

happy

guilty

unwell

proud

worried

sad

confused

How can we help...

We hope to make your life as a carer as
easy as possible.

A listening ear to talk
about problems or worries

Information & Advice

Family Work

Free Phone

Activities

Support Groups

Training

Buckets full of Fun!!!

DISC Young Carers Support can provide...

You can get away for a couple of hours
and meet other Young Carers who are
in a similar situation.

Remember, you don't have to talk about
your home life if you don't want to.

Comments from Young Carers.....

I have a really good time and I liked it because I can share my feelings

We learn how to cope with bullies

I enjoyed making the newsletter

I've made new friends

The meetings are cool

The Young Carers Project is really excellent

If you would like to know more about DISC Young Carers Support contact us at...

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115a Gilesgate
Durham
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t: **0191 - 384 2785**

e: youngcarers@disc-vol.org.uk

W: www.youngpeople.disc-vol.org.uk

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in

Sedgefield, Durham, Chester-le-Street, Wear Valley & Teesdale

Information for
Children and Young
People