

Young Carers Project

CAMBRIDGESHIRE
& PETERBOROUGH



Do you help to look after someone
in your family? Is this because of:

Disability?

Mental illness?

Physical illness?

Drug or alcohol misuse?

"I feel really supported and
able to talk honestly about
my worries, meeting with my
Centre 33 worker and having
a plan is like having a weight
lifted off my shoulders."



**You are a young carer
and we are here to help.**

We work with young carers who
are 18 years of age and under.



Our Young Carers Project

can help you by:

- ★ Giving you **someone to talk to**
- ★ Working with you to **make sure your voice is heard**
- ★ Offering you a **young carers needs assessment** to understand how caring impacts you
- ★ Helping you to **meet other young carers**
- ★ Helping you with your **move to secondary school**
- ★ Offering you a **transitions assessment** if you are aged 16+

We support
young carers
from armed
forces families

Just **get in touch** and we will contact you to find out more
about you and your family and how we can help.

Tel: 0333 4141809 | email: youngcarers@centre33.org.uk

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SCAN ME