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West Cumbria Carers

Maryport Resource Centre, 2A Selby Terrace,

Maryport CA15 6NF

Reg in England No. 6123034

Charity No. 1119369



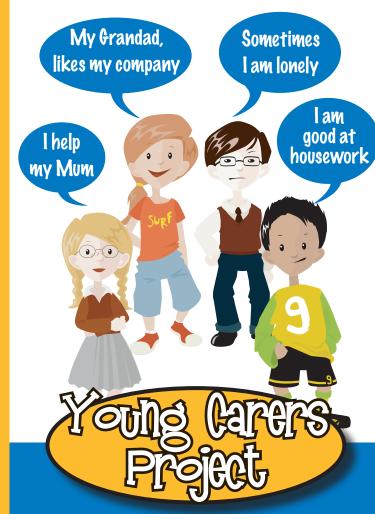
West Cumbria Carers

Maryport Resource Centre, 12A Selby Terrace, Maryport CA15 6NF t: 01900 810101 f: 01900 816402 e: general@westcumbriacarers.co.uk

Charity No. 1119369 Reg in England No. 6123034







Age 5-12 years old

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Who are Young Carers?

They are young people aged 5-12 who look after someone at home who is or has:

- Long Term Illness
- Disabled
- Drug/alcohol problems
- Depression

Who do Young Carers Help?

- Mum
- Dad
- Brother
- Sister
- Friend
- Grandparent
- or other relative





What sort of things do Young Carers do?

- It might be that they listen and help cheer someone up
- Cook, clean and shop
- Give medication
- Help to wash and dress
- Help look after brothers and sisters



- If you would like some help
- Someone to talk to
- Join us on our trips and outings
- Regular Newsletter

Call us and we will do our best to help





Contact us either by:



email us at:

general@westcumbriacarers.co.uk

Or phone us on: 01900 810101

Or fill in the reply slip below and post it:

If it is private please pop it inside an envelope and just copy the address.

Name:
Address:

Would you like to be contacted be either	er
phone or letter:	

Tel No: