



Are you under 18 and helping to care for someone?

If so, we're here to help you.

Call us on
**0300
111 1919**




**Young Carers
and Sibling Carers**

carersinbeds.org.uk



Young carers and sibling carers help to care for an ill, frail or disabled relative or friend who could not manage without them.

Carers in Bedfordshire is a local charity. We help young carers and sibling carers cope with the emotional and physical stresses of caring.

What we offer:

- Clubs where you can have fun, meet others in the same situation and make new friends
- Residentials and trips
- Quarterly e-magazine edited by young and sibling carers
- Workshops on illnesses, disabilities and addictions
- Expert support for all caring situations
- Help with learning new skills, education and training
- Opportunity to apply for an NHS carers' grant to go on a trip or activity
- Welfare and benefits advice
- Family time at our carers cafés

Our services are free to young carers and sibling carers.



We hold clubs every other month where you can have fun and be supported with your health and wellbeing in a safe, friendly environment.

We hold clubs in Kempston, Biggleswade, Dunstable and Leighton Buzzard. At the clubs you can be active, chill out or do homework. Each club also has a theme, such as Being Healthy and Social skills and Friendships.

Transport may be available if you can't provide your own: Call 07531 915190.

To find out more about our services please complete the form overleaf and return it to us.

If you are a professional referring a young or sibling carer please complete your details where shown.

Find out more:

Call: 0300 111 1919

Email: contact@carersinbeds.org.uk

Visit: www.carersinbeds.org.uk

➤ We support sibling carers to learn about different conditions and help them discuss their feelings.



◀ We help young and sibling carers learn new skills and gain confidence.

➤ Our support workers and volunteers help young and sibling carers improve their wellbeing and manage difficult situations.



The Facts

Young and sibling carers may experience isolation, difficulties coping at home, problems at school, and a lack of understanding about illnesses, disabilities or addictions.

They may also have increased maturity, a higher tolerance of others and enhanced communication skills. There are an estimated 700,000 young carers in the UK.

Find out more:

www.youngcarers.net

www.youngsibs.org.uk

Contact us – About you

Name (please print)

Your address (including postcode)

Telephone

Email

By giving us your email address you are agreeing to us contacting you by this method

Where did you see this leaflet?

Your parent/guardian's name

Your parent/guardian's contact details

Professional's name (if referring)

Name

Position

Contact details

**Return to: Freepost RRUE-YTYU-BECE,
Carers in Bedfordshire, Suite K, Sandland Court,
Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ**

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Visit
www.carersinbeds.org.uk



 **CarersInBedfordshire**

 **@CarersInBeds**



Bedford: Suite K, Sandland Court, Pilgrim Centre,
Brickhill Drive, Bedford, MK41 7PZ

Carers Lounge: Bedford Hospital,
Kempston Road, Bedford, MK42 9DJ

Biggleswade: Sea Cadet HQ,
4 Station Road, Biggleswade, SG18 8AL

Leighton Buzzard: Ground Floor, Arden House,
West Street, Leighton Buzzard, LU7 1DD



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