

Do you care for someone?

Then **YOU** are not alone...

Supporting Young Carers in Ceredigion



If you help to look after someone who is unwell, has a disability, mental health problem or substance misuse issues, we think...
...you are amazing!

Caring for people can be rewarding but it can also be worrying and lonely. It can be difficult to juggle school and other things.

We can help you with:



... information and advice



... individual and group support



... trips and fun activities

... drop in sessions at school



... help to access services.

You can also get a Young Carers ID card!



Being involved with Young Carers has made such a difference to me.



Ceredigion Young Carers helps me! They listen to me and support me. They help me have fun and I meet other young carers just like me.



For more information please contact us:

Gofalwyr Ceredigion Carers

03330 14 33 77

gofalwyceredigioncarers.cymru

ceredigion@credu.cymru



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