

Where can I get more information?



Call or text on 07825207070
Or 01524 419021



Write to:
58 Regent Road
Morecambe, LA3 1TE

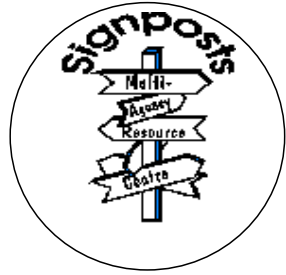


E-Mail:
youngcarers@signposts.org.uk

The service is available between 9.30 and 4.30pm Monday to Friday. Out of hours emergencies please contact Social Services on 01524 66246.

Registered Office:
Signposts MARC, 58 Regent Road, Morecambe, LA3 1TE
Tel: (01524) 419021 Fax: (01524) 411541
signpostsmarc@signposts.org.uk

Leaflet updated May 2009



RU under 18?



**DO YOU HELP
LOOK AFTER
SOMEONE AT
HOME?**



Charity Registration Number: 1117645 Member of AdviceUK (previously FIAC)	Company Limited by Guarantee: 5990592 Registered in England and Wales
Additional major funding from Preston City Council, the FC Scott Charitable Trust and Tudor Trust	

**Need information or advice someone
To talk to that understands?
then read on...**

The Young Carers Project Can Help...

If someone in your family is ill or/and disabled, has mental health, drug or alcohol problems, or is elderly and frail you may be:

- Helping to look after them
- Listening and cheering someone up
- Helping to look after your brothers and sisters
- Helping with the cleaning, cooking, shopping, washing etc.



We offer...

- Time and space to talk
- Someone to listen
- Opportunities to meet young people in similar situations
- Advice and information
- Help to cope with the hassles at home and at school.

We do this by:

- Monthly group sessions
- One to One Work
- Family Support
- Holiday activities



What we have done in the past.

- Residential weekends
- Arts & Crafts
- Cook & Eat sessions
- Christmas meal
- Promoted our Young Carers Group to professionals and other young people

