



# West Cumbria Carers

Maryport Resource Centre,  
12A Selby Terrace,  
Maryport CA15 6NF

Charity No. 1119369 Reg in England No. 6123034

Please  
affix  
stamp  
here



## West Cumbria Carers

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

Charity No. 1119369  
Reg in England No. 6123034



# West Cumbria Carers



Age 5-12 years old

t: 01900 810101 f: 01900 816402

e: [general@westcumbriacarers.co.uk](mailto:general@westcumbriacarers.co.uk)

## 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



## What can we do?

- 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:.....

.....

.....

.....

Tel No:.....

Would you like to be contacted by either phone or letter:.....

