



If you are a Young Carer or you think your child, relative or friend might be, we're here to help with 1:1 support for you and your family.

- Get support for the person you care for
- Connect with local groups, services and other Young Carers
- Get the right support at school or college
- Look after your health and wellbeing
- Understand your rights


Call our free Advice Line on 0800 083 1148


(Mon-Fri 9am-8pm, Sat 10am-2pm)


Register for support at www.youngcarersmatternorfolk.org

info@carersmatternorfolk.org.uk

Text only – 07537 417850

 @CarersMatterNfk

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Carers Matter Norfolk
SUPPORTING YOUNG CARERS & FAMILIES