



Carers Matter Norfolk

Are you  
one of thousands of  
young people in  
Norfolk looking after  
someone in your  
family?

If so, you are a  
Young Carer

They may need your  
support because of  
illness, disability,  
mental ill health or  
difficulties with drugs  
or alcohol

## Young Carers and Families Information, Advice & Guidance Service

### Supporting Young Carers and their Families in Norfolk

If you are a Young Carer or you think your child, relative or friend might be, we're here to help you:

- Find your way through local services
- Get support for the person you're caring for
- Get the right support at school or college
- Understand your rights
- Connect with local groups and services
- Look after your health and wellbeing



0800 083 1148



07537 417 850

Monday to Friday 8am - 8pm

Saturday 4pm - 8pm

Sunday 8am - 12 noon

[www.CarersMatterNorfolk.org.uk](http://www.CarersMatterNorfolk.org.uk)



# How can you access the support we offer?



Carers Matter Norfolk

## Young Carers & Families

We have created a website for Young Carers & Families in Norfolk, it's full of information to help you make sense of being a carer. You can find it via [www.CarersMatterNorfolk.org.uk](http://www.CarersMatterNorfolk.org.uk). If you would like to chat with someone online, we have Advisors available via Live Chat on the website.

Perhaps you want to talk to someone over the phone, you can call the free Advice Line on 0800 083 1148, who can support you and your family with information and advice. If you need some more help or guidance they can connect you with a Carer Connector in your local area, who can sit down with you and your family to look at further support.

## As a Young Carer, here are some things you might do to help:

- Helping with medication
- Going to appointments
- Cooking and cleaning
- Helping sort out money and pay bills
- Shopping
- Encouraging, supporting and reminding
- Supporting with washing and dressing

## Live Chat and Support

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