



# Are you a young carer? Do you know somebody who is?



**A young carer is  
a child or young  
person aged  
8-19 years who  
is caring for a  
family member.**

**To find out more contact ...**

**Or contact Young Carers MK for advice, support and friendship.**

**If you know a young person who would benefit from support please check our referral criteria at:**

 **mail@carersmiltonkeynes.org**  **www.carersmiltonkeynes.org**

 **01908 231 703**