

## How can the Cheshire East YOUNG Carers' Hub help?

- By listening to you and helping you and your family to think about what would make a difference
- Giving you information about the illness or disability of the person you care for
- Getting help, advice and support for the person you care for
- Helping you take a break from your caring role
- Introducing you to other Young Carers
- Getting you support in school or college
- Helping you to speak up

**YOUNG**  
carers



If you think you are a Young Carer and would like more information, get in touch, or ask someone else to do this for you.

**Cheshire East** **YOUNG**  
carers' **HUB**



**Get in touch**

Freepost CHESHIRE EAST CARERS HUB

General Email:  
[enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)

Web:  
[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)

Telephone:  
**0300 303 0208**

Opening Times:  
**Monday - Friday**  
**8.00am - 6.00pm**

**Saturday**  
**9.00am - 12.30pm**

**Cheshire East** **YOUNG**  
carers' **HUB**

## What is the Cheshire East YOUNG Carers' Hub?

We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role

**YOUNG**  
carers



**Supporting those that care**

## What is the Cheshire East YOUNG Carers' Hub?

We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role.

## Who is a Young Carer?

A Young Carer is somebody that looks after another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

## Young Carers can be affected in some of the following ways:-

### Health

Physical, mental and emotional wellbeing  
Anxiety, worry and stress  
Tiredness, lack of sleep  
Aches and pains

### School and college work

Lack of time to complete assignments  
Being bullied  
Unable to concentrate  
Not being able to attend after hours activities or trips away

### Social life

No time to socialise with friends  
No free time to get involved with activities and hobbies

## What caring tasks do Young Carers carry out?

Young Carers may help the person they care for by:-

Doing housework and cooking

Shopping

Keeping them company and cheering them up

Helping them to eat, get washed and dressed or in and out of bed

Ensuring they are safe and getting help in an emergency

Helping to attend appointments

Helping with medication

Collecting benefits and paying bills

Helping them to communicate

Reading letters

