

Come and join our young carer groups

Fun activities, games and friendly adults ready to listen. You deserve time just for **YOU!**



 Cheshire East
Young Carers

 Cheshire East
Council

Do you help look after someone at home?

It can feel hard sometimes, but you don't have to do it all by yourself! Come and hang out, have fun, and meet other young carers who understand what life is like for you. Our groups are full of cool activities, games, and laughs, plus friendly adults who are there to listen and help if you need it.

- ✓ Make new friends
- ✓ Take a break and chill
- ✓ Share your experiences in a safe space
- ✓ Get support from people who care



SCAN ME FOR
MORE INFO

When and where?

You can attend any group, everyone from Cheshire East is welcome.

Ages 8–11: Macclesfield Family Centre, Town Hall, SK10 1EA

Dates: Tue 20 Jan | Tue 24 Feb | Tue 17 Mar. Time: 4:30pm – 6pm
(Drop off via front entrance; pick up at rear door)
Call Veliwe – 07867 536993

Ages 12–18: Congleton Library, Market Square, CW12 1ET

Dates: Mon 12 Jan | Mon 9 Feb | Mon 9 Mar. Time: 4:30pm – 6pm
(Access lower ground floor behind bus station; ring bell)
Call Jen – 07917 894599

Ages 8–18: Crewe Lifestyle Centre Family Hub, Moss Square, CW1 2BB

Dates: Tue 13 Jan | Tue 10 Feb | Tue 10 Mar. Time: 4:30pm – 6pm
(Entrance further up on same side as main Lifestyle Centre entrance)
Call Jamie – 07717 426926



If it's your first time, please bring a parent or carer so we can get emergency contact details. If that's tricky, email us at

youngcarersteam@cheshireeast.gov.uk