

# Could you be a young carer?

If you help look after a friend or family member who needs extra support - you may be a young carer and there's **one easy place to get help.**



## WELCOME

- Be part of a young carers community
- Friendly welcome from the young carers team

### Support for the whole family

- Friendly chats to consider everyone's needs
- Check ins to make sure you're doing ok
- Help as you grow up and move into new stages of life

### A new young carers webpage

- Clear information on what help you can get
- Links to opportunities, activities & wellbeing support
- Designed by young carers for young carers

### Get involved

- Conference designed by young carers, workshops, fun sessions, meeting others
- Opportunities to have your say
- Work with SEND Youth Councils

### Additional support

- Support in your school / college
- Meet other young carers
- If you're eligible for free school meals, you can get discounts with a **Herts Card**
- Free activity camps in school holidays - **HAPpy Camps**

### How to get support

- Ask an adult in your family to help you get in touch
- Speak to your teacher or a trusted member of staff
- Visit the website or call 01992 658469



[www.hertfordshire.gov.uk/youngcarers](http://www.hertfordshire.gov.uk/youngcarers)

