



"I have had the best time and
I have enjoyed everything"

Are you a young carer or sibling carer?

If you care for or are affected by a family member who has physical or mental illness or misuses drugs or alcohol, you are a young carer. If you are a young person who is affected by a brother or sister's disability, illness or additional needs, you are a sibling carer.



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FOR MORE
INFORMATION

Call us on 01473 835477 or find us online www.suffolkfamilycarers.org

**Suffolk
Family Carers**
Living Fuller Lives

Young
Carers

A Network Partner of
**CARERS
TRUST**


LOTTERY FUNDED

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2019
Winner
Suffolk Family Carers
Charity Award

WINNER

Suffolk Carers Limited Registered Charity No.1069937. A company limited by guarantee in England No.3507600. Registered Office: Unit 8, Hill View Business Park, Claydon IP6 0AJ



"When we meet up outside of school we see new people and can make new friends"

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"Knowing we are Young Carers
makes it easier when we meet"

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