

# Young Carers say

You have done so much for us and really made a difference.

I just wanted to say thank you for all of your support and helping me with a lot of stuff in my life.

Everything is just better

Let me thank all of your past and present staff who have helped my children over some difficult times, it has been invaluable to the whole family.

## Find out more

If you are a parent or a young carer and would like to find out more contact the Young Carers' Team at Milton Keynes:

Carers MK  
Margaret Powell House  
439 Midsummer Boulevard  
Central Milton Keynes  
MK9 3BN

01908 231703

✉ [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)

★ [www.youngcarersmk.org](http://www.youngcarersmk.org)

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

★ [www.youngcarersmk.org](http://www.youngcarersmk.org)

☎ or call 01908 231 703.

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

  
**Young Carers MK**

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

Contact Young Carers MK for advice, support and other opportunities.

  
**Young Carers MK**

  
Milton Keynes Council

  
Carerstrust  
a Network Partner

## Young Carers are...

- 8-19 years old caring for a family member with a:

- physical or mental illness
- disability
- drug or alcohol dependency.

The person being cared for may be a parent or sibling or other relative, living in the same household.

## Young Carers are not...

- Childminders for siblings where there is no illness, disability or substance misuse in the family.



## Young Carers MK offers:

- specialist group work
- targeted activities
- one to one support
- someone to talk to who understands
- information, advice and signposting
- the opportunity to meet other young carers
- school support

## How it all works

Someone refers you to us



We visit you at home



We ask you questions about how you help out at home



We have a meeting where we decide what to offer you



We send you a letter telling you what we can do to help



Just thought I'd say thank you again so much for yesterday it was a really lovely day and I really enjoyed and appreciated it, Thank you.

