



## Are You A Young Carer?

Do you care for someone in your family? For example your mum or dad?

There could be lots of reasons why you need to care for them. They might have a physical disability or they may be affected by alcohol or drugs. It may be any of the reasons, or something else—but if you care for someone we're here to help!



## Day Trips And Fun Days!

We arrange day trips and fun days out that young carers can come along to. This will give you the chance to have a break from caring, meet other young carers and most importantly; have some fun! We also organise short breaks away during the summer holidays to take part in team building activities, and maybe do things that you've never tried before. Past trips have included an Outward Bound course in Wales and the young people that took part enjoyed this immensely.

## Other Organisations that may be able to help

### Connexions

Supports 8-19 year olds

This is a national organisation with local branches that can give you support and advice on a range of subjects such as education and drugs, as well as practical help and guidance with things like finding a job and housing.

Telephone: 0845 4085008

Address: 24 Highstreet, Bracknell, Berkshire.

Website: [www.connexions-berkshire.org.uk](http://www.connexions-berkshire.org.uk)

### Youthline

Supports 11-24 year olds

Youthline offers counselling, advice and support confidentially.

Telephone: 01344 311200

Address: The Lodge, Coopers Hill, Bracknell, Berkshire

### Carers UK

Supports anyone caring

This organisation offers support and advice to carers regardless of age; services on offer are training, outings and campaigns for carer's rights.

Contact: Barbara Briggs

Telephone: 01344 451656

Address: 37 Cottessmore, Hanworth, Bracknell, Berks, RG12 7YL



## Bracknell Forest



young carers project

## Are you 5-18 years old?



## Are you caring for someone? If so, we can help!

Call **Angela Evans**

at **Bracknell Forest Voluntary Action** on:

Tel: 01344 304404/383512

Or E-mail at:  
[Angela.evans@bfva.org](mailto:Angela.evans@bfva.org)



## Carer's Resource Centre

At the BFVA offices, we have a resource centre that can be used anytime during office hours by carers and voluntary groups. You can access the Internet, photocopy and there is information and leaflets on groups that can help and support you. You can also use our meeting rooms. All of this is free of charge—just let us know in advance!



## Young Carer's Youth Club

We currently run youth clubs you can access at Priest wood Youth Centre. The groups range in age from 5-11, and 12-18 year olds. There are plenty of activities for you to take part in, like pool or table tennis tournaments. You can learn DJ skills, or how to play an instrument. You will meet other young people and have the chance to be involved in fun days and trips. There will also be lots of support and people to give you advice, talk about issues that are affecting you, and most of all, someone to listen!



## Other Help

If you visit, telephone or email us, we will be able to refer you to other organisations that might be able to help you or your family. You may be entitled to benefits if you are over 16. The person you are caring for could be entitled to lots of help and support that they don't know about. We won't do anything you don't want us to do and everything you tell us is confidential.

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Lastly, you are the most important people—without you we wouldn't have a service at all! You are the ones that decide the support that you need!

**Any ideas or suggestions are welcome so get in contact!**