



Central
Bedfordshire

great
prospects

Central Bedfordshire Council

Supporting Young Carers



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A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk/young-carers

Who are young carers?

We recognise a young carer to be a child or young person aged 5-17 who looks after someone in their family who has an illness, disability, mental health, or substance misuse problem, who takes on practical and/or emotional caring responsibilities which are normally expected of an adult.

Young carers may:

- Carry out practical tasks such as cooking, shopping, washing, or cleaning
- Help with money
- Look after their brothers and sisters
- Offer other practical and emotional support.
- Collecting and giving medications

What do we offer?


We have some fantastic events and support you might like to know about!

- Regular groups to meet other young carers and join in activities
- Access to wellbeing support
- Chatterbooks book clubs held at libraries across Central Bedfordshire
- Fun activities and events such as magic shows, fetes, bowling, laser tag, zoo trips and more!
- Young carers Voice groups – providing a chance for you to have your say on what we offer
- And much more!

Get involved

Are you a child or young person who cares for your brother, sister, parent, or family member?

If you have answered yes to the above question, or this sounds like something you do, contact us find out how we can support you and register you as a young carer.

You, or your parent or carer, can call us on:  0300 300 8585

Just tell us you are calling to register as a young carer, and give your (or your child's) name, date of birth, address, and contact details.

To find out more about what we offer and how we can support you, please get in touch.

“Young Carers has changed my life as I can have a break away from caring... Some people don't understand that, but you get to play with people that do... You can talk to people that understand what you're feeling.”

Young carer

“This group has boosted our children's confidence and our children can't wait to go every month. Life at home with a disabled Mum in a lot of pain can be hard, but knowing they can have a couple of hours to be kids and have loads of fun is so important to us.”

Parent