

**DO YOU LOOK AFTER A FAMILY MEMBER WHO  
CAN'T MANAGE WITHOUT YOU?**



**WE THINK YOU ARE A SUPERHERO  
BUT EVEN SUPERHEROES NEED LOOKING AFTER!**

**0300 111 1919**

**CONTACT OUR YOUNG CARERS TEAM**

**AT CARERS IN BEDFORDSHIRE OR**

**AT YOUR SCHOOL TO GET THE**

**SUPPORT YOU NEED**

**YOUNG.TEAM@CARERSINBEDS.ORG.UK**

**WWW.CARERSINBEDS.ORG.UK**

