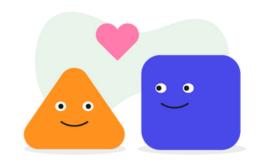


Do you care for a loved one at home?

Things you may do as a Young Carer:



Help someone to go out and about



Help out with tasks at home



Help someone when they're down

If you think you're a Young Carer, speak to your parents or teachers

Scan the QR code to register as a Young Carer today!



Find us on social media:
@youngcarersbedford





Call the team: 0300 111 1919



Email the team: hi@youngcarersbedford





Do you care for a loved one at home, or know somebody who does?

Things you may do, or need as a young carer:



Help someone to go out and about



Support in schools, young carer groups.



Help someone when they're down

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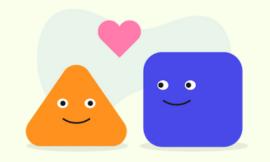


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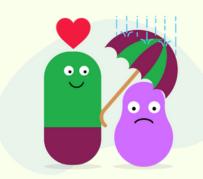
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