

Are you aged under 18 years old? Do you need a break from caring?



Caring for carers



If you would like to know more, contact Family Action for a young carers assessment.

If you are registered as a young carer we can help you to access:

- Hobbies or interests
- Family leisure time
- Short breaks

or

- Consider opportunities that would help you in or outside of your caring role

Contact **Family Action** now for details.


☎ 0191 383 2520

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www.family-action.org.uk




Durham Dales, Easington and Sedgfield
Clinical Commissioning Group


North Durham
Clinical Commissioning Group

