

Localities North Early Help Offer

Who are young carers?

In CBC we recognise a young carer to be a child aged 5 to 17 who looks after someone in their family who has an illness, a disability, a mental health problem or substance misuse, taking on practical and/or emotional challenges because of their caring responsibilities

What do we offer?

Young Carers Group every 3rd
Thursday of the month

Chatterbooks held at a library near
you

Young Carers events during school
holidays

Young Carers participation group

Kidstime workshops

For more information on what we
offer please don't hesitate to
contact us.

How do I register my child/young person?

To register your child/young person as a young
carer please contact
natalie.good@centralbedfordshire.gov.uk with
the following information-

You child's name
Date of birth
Contact details

What parents and young carers say about us

"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)

"I love young carers as I met another boy I get on
really well with" (Young Carer)

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