

# ARE YOU LOOKING AFTER SOMEONE?



## AGED 8-25?

### We offer Young Carers:

- Peer support groups
- 1-2-1 emotional support
- Creative workshops
- Regular and holiday activities

## Working with children?

Schools and other professionals can access:

- Awareness assemblies
- Awareness training for staff
- Peer facilitation training for staff and students



## CARER SUPPORT

If you help and support someone due to age, mental or physical illness or disability, or substance use, get in touch.

### We offer:

- Wellbeing support
- Information & advice
- Regular meet-ups
- Form filling, debt advice, benefits checks and more...



Scan QR code to visit [suttoncarerscentre.org](http://suttoncarerscentre.org)

Register online or call 020 8296 5611



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A Network Partner of  
**CARERS TRUST**



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