

do you  
have any  
exciting  
plans  
today?



A young carer is someone who looks after a family member who is ill or disabled.

Are you affected by a family member's physical or mental ill health, disability or substance misuse?

**Tel: 01452 733060**

[www.gloucestershireyoungcarers.co.uk](http://www.gloucestershireyoungcarers.co.uk)

Contact



**Gloucestershire Young Carers**

Supporting the "YOUNG" in young carer