

**Do you help look after a parent,  
brother, sister or other relative  
because of their disability,  
illness or problems?**



**Caring for  
carers**



Are you aged under 18 years old?  
Do you want some time out?  
Contact **Family Action** now!



**NHS**  
*County Durham and Darlington*



# Do you want some time out?



You can choose from a range of activities including

- Leisure activities
- New hobbies and interests
- Family activities
- Short breaks
- Fun activities

Contact **Family Action** now for details.

☎ 0191 383 2520

**E-mail:** [durhamyoungcarers@family-action.org.uk](mailto:durhamyoungcarers@family-action.org.uk)

[www.family-action.org.uk](http://www.family-action.org.uk)