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?
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
www.family-action.org.uk

NHS
County Durham and Darlington

Durham County Council