



## Advice & Information



We regularly answer questions about:

- Your rights
- Benefits
- Carers assessments
- Taking a break
- Assessments or services for the person you care for
- Paying for care

We have **free online and group training courses** for professionals to identify carers, and the issues they face: [www.ycctraining.co.uk](http://www.ycctraining.co.uk)



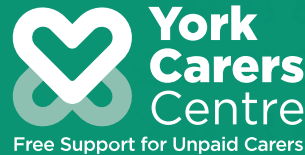
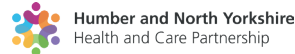
## Get in Touch



### Opening Times

Monday	9.30am - 4.30pm
Tuesday	9.30am - 4.30pm
Wednesday	9.30am - 4.30pm
Thursday	9.30am - 4.30pm
Friday	9.30am - 4.00pm

## This leaflet is also available in large print



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t 01904 715 490  
e [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)  
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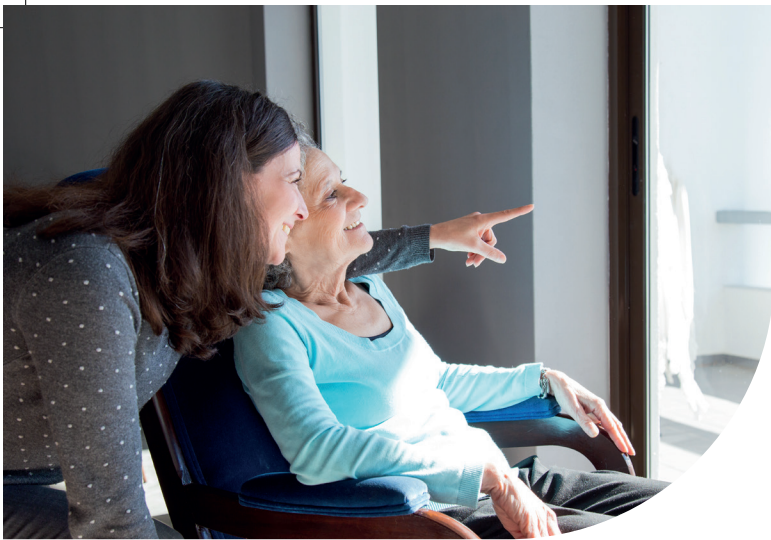


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## Does someone rely on your help?

Offering free support to unpaid carers in York



# York Carers Centre



We are an independent charity giving free help to unpaid carers living, or caring for someone who lives, in York.

## Adult Carers

Our support is wide ranging and responsive to each carers individual situation.

## Young Carers

We offer young carers (aged 5 to 18) one to one support and social activities, including youth groups, trips and support in school.

## Young Adult Carers

We support young adult carers (aged 18 to 25) through one to ones, activities and opportunities to have their voice heard.

## Out and About

We want to make it easy for carers to get help from us and regularly hold events and advice sessions in local venues.

Please visit our website for more information [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## Am I a Carer?



Many people do not recognise themselves as carers.

Carers can be any age and may help with personal care, medication, cooking, shopping, housework and emotional support. They are parents, grandparents, children, partners, friends or neighbours helping someone who could not manage on their own because of an illness, disability or addiction.



They may not realise that support is available to help them.



## How we help



- Information and advice
- Someone to talk to and access to emotional support
- Opportunities to meet other carers through social events
- Courses and workshops
- Carers assessment and ongoing support
- Opportunity to influence and improve services for carers
- Support through employment, education and training
- A Discount Card to use at local businesses
- A Carers Emergency Card
- Regular free newsletters