



Offering support to Young Carers aged 5 - 8 years of age in need of a break from their caring role.

**WEEKLY SESSIONS: from 4pm – 5:30pm**

### **Support to help:**

- Meet NEW friends
- Try NEW activities
- Enjoy crafts & games
- Enjoy outdoors

### **To help learn about:**

- Safety in the home
- First Aid
- Healthy eating
- Emotions

**8 week programme**

**For more information on how to refer, please contact:**

on **01254 692709** or email **youngcarers@canw.org.uk**

Registered Charity No: 222533





**‘It’s hard to get free time when you have a young caring role but you always have to find time to smile and have fun with friends.’**

CANW’s Young Carers Service provides help and support to young people aged 5+ who are carrying the burden at home. They may be may looking after parents or siblings, helping them cope with illness, mental health issues, or even substance abuse problems.

We make sure that the child is looked after from all angles – that they can cope at home, that they can cope in school, that they feel supported. We are their advocate, their defender, their comfort. We are their voice if they need it. We give them access to a network of other carers so they know they are not alone.

**We give them hope.**

**For more information on how to refer, please contact:**

**01254 692709**  
**[www.canw.org.uk](http://www.canw.org.uk)**

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**800,000**  
**YOUNG CARERS**    
**aged 5-17**  
care for an adult or family member in England

The last census showed that there were approx.



**YOUNG CARERS**

**in Blackburn with Darwen alone**

**39% YOUNG CARERS**   
said nobody in their school was even aware of their caring responsibilities

**80% YOUNG CARERS**   
felt more isolated during pandemic



**SCAN ME**