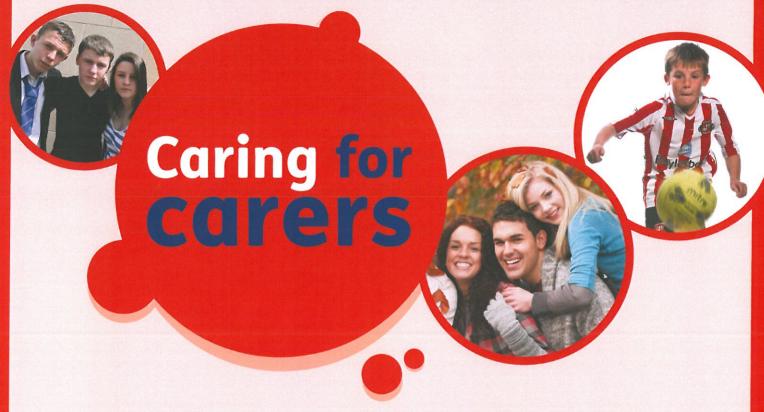
Are you aged under 18 years old? Do you need a break from caring?



If you would like to know more, contact Family Action for a young carers assessment.

If you are registered as a young carer we can help you to access:

- Hobbies or interests
- Family leisure time
- Short breaks or
- Consider opportunities that would help you in or outside of your caring role

Contact Family Action now for details.

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E-mail: durhamyoungcarers@family-action.org.uk www.family-action.org.uk



Durham Dales, Easington and Sedgefield Clinical Commissioning Group NHS North Durham Clinical Commissioning Group

