

**CARERS  
TRUST**  
Tyne and Wear



**FIT&FREE**

## **Are you a Young Carer or know someone who is?**

We are currently looking for Young Carers that would like to have some time to themselves and to get involved in some free sessions, Participating in some fun sporting activities.

A Young Carer is anyone that is under 18 years old who cares for a family member due to illness, disability, a mental health condition or addiction.

This will give you a chance to meet new people, other young carers around the same age. This will also give you the opportunity to try different types of activities, most importantly have fun and get fit. Young Carers are not alone.

If you think this could be you or know someone that might benefit from this and would like more information, please get in touch at

[Laurahenderson@carerstrusttw.org.uk](mailto:Laurahenderson@carerstrusttw.org.uk)

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