

# Life is different for some children

I sometimes have to **give medication** or call 999

I **cook dinner** every night for my three sisters as my mum can't do it



I **go to the pharmacy** to pick up my Dad's medication

I **bath my mum**, put her pyjamas on and help her to bed

We help young people who are looking after a family member.

- Breaks from caring
- Skills development
- Trips and activities
- Confidence building

Contact us to find out more  
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[hello@caringtogether.org](mailto:hello@caringtogether.org)  
[caringtogether.org/youngcarers](http://caringtogether.org/youngcarers)

**Caring Together Charity**  
No unpaid carer in crisis