

## Treat yourself!

A Young Carers Break can be spent towards:

- Fun activities
- A day trip
- Taking up a hobby
- Joining a club
- Visiting friends/relatives
- A school trip
- Or anything that you feel will improve your health or well-being

Group applications can also be considered.

## Contact us

Carers in Bedfordshire  
Sea Cadet HQ,  
4 Station Road,  
Biggleswade,  
Beds,  
SG18 8AL

For more information please contact:  
Janice Shankland  
Young Carers Breaks Co-ordinator

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[janice.shankland@carersinbeds.org.uk](mailto:janice.shankland@carersinbeds.org.uk)

[www.carersinbeds.co.uk](http://www.carersinbeds.co.uk)

President: Alistair Burt MP

## Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service (PALS) on 01234 897211.

This leaflet can be produced in large print, audio cassette, Braille and other languages on request.

NHS Bedfordshire  
Gilbert Hitchcock House,  
21 Kimbolton Road,  
Bedfordshire,  
MK40 2AW

Tel: 01234 897200  
Email: [enquiries@bedfordshire.nhs.uk](mailto:enquiries@bedfordshire.nhs.uk)  
[www.bedfordshire.nhs.uk](http://www.bedfordshire.nhs.uk)

*NHS Bedfordshire regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.*

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# Young carers breaks

For Children and Young People 4-18 years who are helping to care for a family member





Carers in Bedfordshire is a not-for-profit registered charity and a member of The Princess Royal Trust for Carers.

We exist to provide unpaid carers and former carers throughout Bedfordshire with help, support, advocacy and training according to their wishes and to involve them in the planning of future services.

### What is a Young Carers Break?

Carers in Bedfordshire has been given funding by NHS Bedfordshire to support Young carers 4-18 years whose health or well-being is affected by their caring role.

The grant offers the Young Carer the opportunity to take a break or access an activity which will allow them to have a break and improve their health or well-being.

### How much can I apply for?

- Young Carers can apply for up to £200
- Additional funding maybe available in certain circumstances

### How do I apply?

If you would like more information about applying for a Young Carers Break please contact:

Carers in Bedfordshire  
Tel: 0300 111 1919



### Support for Young Carers

[Carers in Bedfordshire Young and Sibling Carers project.](#)

This project is for children and young people helping to care for someone in their family.

Tel: 0300 111 1919

[Carers in Bedfordshire The Hub.](#)

For young adult carers 16-24 years  
Tel: 0300 111 1919