



**ayc**  
action for young carers  
part of the Carers Federation



**Nottingham**  
**City Council**

**NHS**  
Nottingham City  
Clinical Commissioning Group

# Are you a young carer?

## Are you helping to look after someone at home?

Do they suffer from a disability, illness  
or mental health diagnosis?

# Do you need help?

There are over 175,000  
young carers nationally.  
A young carer can be  
between 5 and 18 years old.

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