

Too much
on your plate
at home?



Aged 9 to 15? Does someone at home have a long term illness, disability or addiction that is really getting you down?

Don't worry... we can offer help, rest, fun, friendship and support at school.

Suffolk ●●●
Young Carers
Living Fuller Lives

Call us on 01473 835430 or find us online www.suffolkfamilycarers.org