



family
action



The Bridge Young Carers

Supporting Young Carers (5-18)
and Young Adult Carers (18-25)
across County Durham.

I know how to use
strategies now to
help me manage my
caring role and
mam's health
needs...

Young Carer, Durham

Carers take on practical or emotional responsibilities at home because someone in their family has a physical or learning disability, a long term illness, a problem linked to alcohol or drugs or experiences mental ill health.

We want Young Carers and Young Adult Carers to learn, develop and thrive no matter their situation, and use a variety of support methods to help support this.


We invite you to find out more – scan the QR code or get in touch!



We'd love to hear from you – get in touch!

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