

**How to contact us:**

**If you think you are a young carer or know a young carer, and would like to know more, please contact us or ask someone else to contact us for you**:

**Phone: 01772 641002**

**Email:** **lancashireyoungcarers@barnardos.org.uk**

Scan our QR code to find our referral form, browse our social media and to see our Padlet of helpful services, information and resources.

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