

I'm James, I'm 21.  
I love going out with friends.  
I also look after my mam.

# James is a carer. Are you?

[support@newcastlecarers.org.uk](mailto:support@newcastlecarers.org.uk)

**#WeCareToo**

Charity Registration No. 1145373  
Company Registration No. 7869359

Funded and Supported by NHS England  
North Regional Safeguarding and Quality Team

Newcastle  
**Carers**

