

# YOUNG ADULT CARERS

We understand that making life choices as a young adult is hard enough without the extra responsibility of being a carer. With support and recognition we hope to help you manage your caring role, to find time for yourself and to help you maintain your health and wellbeing. We aim to help you consider your own future. **For Ages 18- 25yrs**

## TYPES OF SUPPORT

Information & Advice

Social Opportunities

Carers Assessment

Listening & Wellbeing Support

Advice & Support

CV Writing/ Skills Development

Money Matters/ Benefit checks

Volunteering/ Peer Mentoring Training

1-1 Listening Support/ Future Planning

Education, Employment and Training Advice

With special thanks to The Margaret Giffen Charitable Trust