


Young Adult Carers Project

Are you aged 16-25?

Do you care for a family member,
friend or neighbour?

Then the Young Adult Carers Project may
be able to support you





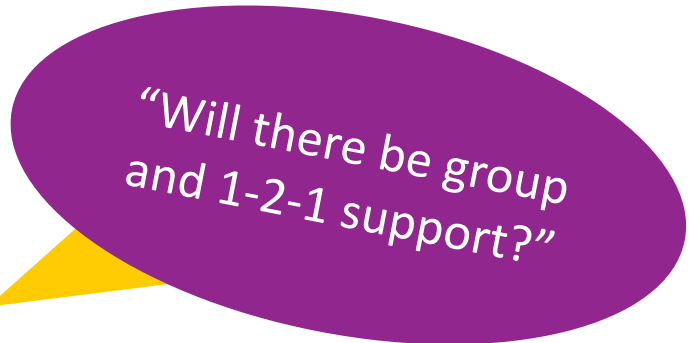
“So what’s the Young Adult Carers Project all about?”

The project aims to support Young Adult Carers with various aspects of their lives.

Would you like to meet other Young Adult Carers, start or continue in Further Education, look for volunteering or just get more information on what’s out there for you?

Even if you’re not sure what you’d like to do in the future, or what support the project might be able to offer you, we still might be able to support you in some way.

Yes... Both!



“Will there be group and 1-2-1 support?”

Young Adult Carer Support Groups

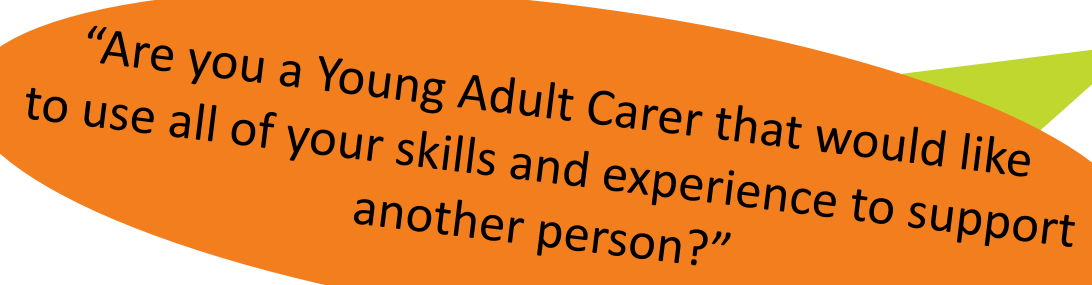
Come along and meet new people and have some fun!

The project hosts regular support groups in Hull, where Young Adult Carers can come and meet new people. The groups are very friendly and informal, and you can just come, relax and have a drink with us!

Volunteer Befrienders

The project recruits and trains Volunteer Befrienders who support Young Adult Carers to access services in their local community.

A volunteer Befriender could work with you 1-2-1 to research and contact local services that you might like to access. This might be a local college, careers advice service or an interest that you might have. A befriender could go with you to these appointments or to one of our support groups.



“Are you a Young Adult Carer that would like to use all of your skills and experience to support another person?”

We would love to hear from you and can offer all our volunteers:

- Full training relevant to the role
- Reimbursement of travel expenses
- The opportunity to develop and learn new skills
- A valuable experience to add to your CV
- Opportunities to work with local organisations



“So how do I get involved?”

If you would like to come to one of our groups, volunteer or get some more information on the Young Adult Carers Project please contact Sally on 01482 324474 or by email swiddowson@hullcs.co.uk



Contact Details:

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