

Are you a Young Adult Carer?

Are you aged 16 -25?

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

If so the Young Adult Carers Project may be able to support you.

Meet new people at Young Adult Carer Support Groups

Get 1-2-1 support to access local services from a Volunteer Befriender



For more information, please contact Sally Widdowson:

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Hull CVS
'community and voluntary services'

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Volunteer Centre
Hull