

Telford and Wrekin All Age Carers Centre

We work in partnership to support Unpaid Carers and strengthen communities to create lasting change across Telford and Wrekin.



How To Find Us

**Telford & Wrekin CVS
Suite 12 & 15 Hazledine House
Central Square
Telford Centre
Telford
Shropshire
TF3 4JL**

Our offices are at Telford Centre, easily accessible by car, train, or bus. We're on the top floor of Hazledine House – just take the stairs or lift to Floor 2 to reach reception.



Contact us to register and get free support—no appointment needed. See social media or emails for updates and information.



Our Website

Contact Us

All Age Carers Centre



01952 240209



admin@telfordcarers.org.uk



<https://www.telfordcarers.org.uk>



[Telford Carers Centre](#)

**All Age Carers Centre -
Inbetweeners**



01952 240209



admin@telfordcarers.org.uk



<https://www.telfordcarers.org.uk/inbetweeners-16-25>



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[@inbetweeners_carers](#)

**All Age Carers Centre -
Young Carers**



01952 240209



admin@telfordcarers.org.uk



<https://www.telfordcarers.org.uk/young-carers>



[Telford Young Carers](#)



[@telfordyoungcarers](#)

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Telford and Wrekin All Age Carers Centre



Taken by Jamie Ricketts Photography

We Care, Because You Care.

We offer free information, advice and support to Unpaid Carers across Telford and Wrekin. We support young carers aged 5-16, young adult carers aged 16-25 and adult carers 18+ caring for someone 18+.



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Telford and Wrekin Young Carers

Who are Young Carers?

Young carers are 5–18-year-olds who care for someone with physical, mental health or substance issues, which can lead to school, social, and health challenges.



What do we offer?

Activities that help young carers build confidence and resilience, improve wellbeing and reduce isolation.

- Term-time youth clubs
- Holiday and half-term activities and trips
- A regular Young Carers Magazine with updates, tips and activities
- Transition support as a Young Adult Carer
- Signposting and guidance

Telford and Wrekin Inbetweeners



Who are Inbetweeners?

Inbetweeners are Young Adult Carers aged 16-25 who care for someone. We provide Young Adult Carers with the opportunity to meet and socialise with other young people in similar positions, our aim is for them to be able to take time out of their caring roles to just be them.



What do we offer?

- Monthly sessions
- 1-1 support
- Informative sessions
- Issue based workshops
- Guest speakers
- Indoor & outdoor activities
- Trips
- Support with emotional wellbeing
- Promote physical activity
- Support with training & learning

Telford and Wrekin Adult Carers

Who are Adult Carers?

Adult Carers are aged 18+ and care for someone who is aged 18+. This could be a friend, family member, or neighbour who couldn't manage without their help.

Caring can impact health and wellbeing, social life and friendships, finances, working or training.

What do we offer?

- Wellbeing groups across Telford & Wrekin
- Seasonal events and trips
- 1-1 support where needed
- Information, advice and guidance on all aspects of your caring role
- Signposting to relevant services
- Connection to expert advice
- Referrals for Carers Assessments
- All Age Carers Centre Awareness Presentations

