



To find out more contact:
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Telford & Wrekin
CVS
Involving, Inspiring, Supporting



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Clinical Commissioning Group

Are you between 16 and 25 years old? Do you care for a family member or friend who couldn't manage without your help?

We are here for you.



telford and wrekin
 all age carers centre 
young adult carers

01952 262064/240209



Who are young adult carers?

- There are at least 376,000 young adult carers in the UK.
- They are likely to be in every school, college, university and workplace.



What might you do?

- Things like cooking, housework and shopping
- Physical care, such as lifting and turning out of a chair or bed
- Talking to, listening to or calming down someone who is distressed or sad.
- Personal care, such as bathing, or helping someone to go to the toilet.
- Managing finances, paying bills
- Collecting prescriptions and helping to give medication.
- Helping someone communicate
- Looking after brothers and sisters

How can it affect you?

- It can affect your physical health—tiredness, physical illnesses.
- It can affect your mental health—depression, worry, anxiety, loneliness, lack of confidence
- It can affect your education and/or employment—struggling to balance this with your caring role.

What might help you?

Time out for:

- Chilling out
- Having your own space
- Talking to someone
- Visiting new places
- Learning and building new skills that will help with your future plans for education or employment.
- Having peer support with others who care for someone too.



How can we help?

We will:

- Listen to anything you want to talk about and support your life choices.
- Give you lots of information and advice
- Provide a regular meet-up with other young adult carers through **The Inbetweeners social group**—having age appropriate activities such as meals, cinema, sport, allowing peer support and friendship for everyone.
- Provide training opportunities in practical, educational and employment areas.
- Familiarising you with your move onwards to Adults Carers
- Help you to connect and be involved and in control of your life.

We can give you the heads up about where to go and who to ask in all sorts of different areas, and will try and highlight talks, courses and training for you. You might need support with:

- Finances—living on a budget, paying bills and budget planning.
- Legal rights
- Education— general school/college issues/university entry/grant application
- Personal/Sexual health
- Mental health.