



**Yes, I'm interested in becoming part of the
Young Adult Carers project**

Fill in the slip below and return it to us
through the post or email the details to us
or give us a ring.

sbland@carersresource.org • 01274 449660

Unit 15, Park View Court, St. Paul's Road, Shipley, BD18 3DZ

Young Adult Carers enquiry form

Name : _____

Address: _____

Date of birth: ____/____/____

School, College or place of work: _____

Contact number _____

Details of the person you care for:

Name _____ Relationship to you _____

Condition/s _____



**Are you aged between
16-25?**

Do you care?

If you provide emotional or practical support
to a family member who has any type of
disability, illness or addiction then we can
support you.

Join our young adult carers service
exclusively for
16-25 year olds.

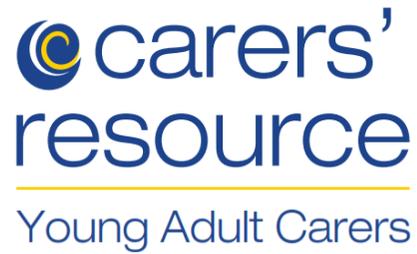


Facebook.com/groups/yacbradford



Registered charity Number: 1049278

Are you aged between 16-25? Do you provide unpaid care for a relative or friend? This could be caring for someone who is ill, frail, disabled or has an addiction.



Many people don't realise they are a carer—they are just helping out someone they love. Day to day responsibilities could include anything from cooking, cleaning, personal care to emotional support.

But who is there to support you?

WE ARE!

The Young Adult Carer Project Bradford is a brand new addition to Carers' Resource. It may be that you're a young carer moving up to the service or a brand new carer altogether, either way the support we offer is tailor made just for you...

- Employment & Education guidance
- Finance & Benefit advice
- Health & well-being activities
- Respite breaks
- 1:1 mentoring
- Campaigning



What some of our current young adult carers say:

"I've got so much more confidence since being involved. I've met new friends, and even helped to get free driving lessons!"

"The project is always there for me when I need it. They have helped me apply for jobs and given me the confidence to do what I want to do."

"I really look forward to the activities which are fun and with a group of friends who understand what I'm going through. If I ever have a problem I know my friends here will help me."