



City & Hackney Carers Centre

YOUNG ADULT CARER SUPPORT SERVICE

Are you aged 16-25? Do you help out a family member or friend who couldn't manage without your support?

Do they have a disability, long-term illness or condition?

If yes, then we might be able to help.

OUR YOUNG ADULT CARER SUPPORT SERVICE OFFERS:

- **1:1 sessions with a support worker** to help you identify goals and work towards them
- Help with understanding and **applying for benefits**
- Assistance in applying for **grants**
- **Trips and activities**
- The chance to **meet and socialise** with other young people in a similar situation
- **Online workshops**
- Access to **counselling and life coaching**



MORE INFORMATION?

Contact Ben or Liza on:

020 85330951 or

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HACKNEycARERS.ORG.UK



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**MAKING
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Working in partnership with Carers Trust