

DO YOU LOOK AFTER SOMEONE?

Are you 16 - 25?

We can help support you!



Supporting young adult carers through:

- 1-1 support
- Health and wellbeing workshops
- Training, education and employment advice
- Monthly young adult carer cafes and more!

Go to www.yacbook.co.uk to find out more.



Carer Support Wiltshire, Independent Living Centre, St George's Road, Semington, Trowbridge BA14 6JQ.
Registered charity no 1092762 Private company limited by guarantee 4415685



A Network Partner of
**CARERS
TRUST**