

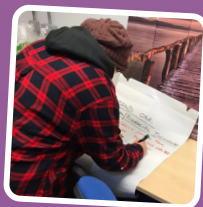
NEWPORT YOUNG ADULT CARERS OFFER

SUPPORT FOR YOUNG ADULT CARERS AGED 16-25

A young adult carer helps look after a family member who has a physical illness, a disability or who struggles with poor mental health or substance misuse.

What does Newport Young Adult Carers service offer?

- Support just for you
- One-to-one time with your YAC project worker
- Groups, activities and trips
- Meeting other young adult carers
- Information and advice
- Workshops
- Support with benefits, housing, getting into education



If you want to learn more or find out about referring someone please scan the QR code to visit our website.



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WHAT DO OUR YOUNG ADULT CARERS SAY ABOUT THE PROJECT?

"Become part of the project and get the support Barnardo's can offer. Don't just think it's for someone else, you deserve it!"

YAC (aged 25)



"They give us a chance to get out and give us a break from caring".

YAC (aged 16)



"Being part of the YAC project you get the chance to make new friends. It is really fun and sometimes we get free food!"

YAC (aged 16)



THE 'LIFE BEYOND CARING' PROJECT

Life Beyond Caring is an exciting new project, for Young Adult Carers aged 16–25 who have an active caring role. Young people themselves are designing and shaping the project to become their own. The project aims to make young adult carers digitally included, promote higher education and campaign for young carers rights. It aims to make young carers more employable by getting them into higher education, volunteering or employment. This project is funded by First Campus Innovation Fund and runs from September 2021–June 2022

Get in touch for more details!

Visit us : www.barnardos.org.uk/what-we-do/services/newport-young-carers-service

Follow us : @barnardos.newportyoungcarers

Contact us : banardosnewportservices@barnardos.org.uk

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