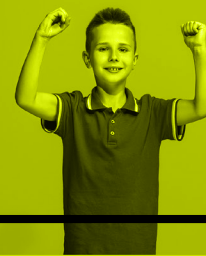


# YOUNG CARERS PROJECT



**"I LOVE CHUMS BECAUSE YOU  
MAKE NEW FRIENDS AND DO FUN  
THINGS THET HELP YOU COPE  
WITH YOUR PROBLEMS"**

# CALLING all YOUNG CARERS!

**Do you provide  
regular care by  
helping at home  
with practical  
tasks such as:**

- Health care
- Personal care
- Cooking
- Shopping
- Housework

**Would you like  
support through:**

- Support groups
- 1:1 mentoring
- Drop-in sessions
- Activity days



**Mental Health &  
Emotional Wellbeing  
Service**

**VISIT >> CHUMS.UK.COM**

**make a referral online or call us for an  
informal chat on 01525 863924**

