

YOUNG CARERS PROJECT



**"I LOVE CHUMS BECAUSE YOU
MAKE NEW FRIENDS AND DO FUN
THINGS THAT 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**

