



Young Carer's Service Blaenau Gwent

A young carer is someone aged 8 - 25 years who provides care, help or assistance to a family member who has an illness, disability or substance misuse issues.

Is this you or someone you know?

Do you need:

- support, information, advice,
- access 1:1 support
- group work
- access peers support
- participate in activities
- get help with education , training & employment
- become a volunteer

Phone us free on 08000 32 33 39