

**Are YOU a
Young Adult
Carer?**

Families First Young Adult Carers

**Are YOU
18-25
years?**

**Do YOU help care for someone
who is poorly and needs extra
help around the home?**

Do you help someone with their medication or offer emotional support? Then you could be eligible for our Young Adult Carer support.

What we can offer:

- Support with grants and opportunities
- Groups / coffee mornings
- One-to-one support and advice
- Referrals to other agencies

**For more information or to self-refer T: 01495 369621
or E: familiesfirstduty@blaenau-gwent.gov.uk**