

# Support for Young Carers

Are you a parent or guardian of a Young Carer\*?

Do you want a say in the kind of support offered to Young Carers?

**We want to hear from you!**

Drop in to our informal Zoom meeting for a chat:

Thursday 30th of June @ 6:30pm –7:30pm

<https://us02web.zoom.us/j/8654608876>

Meeting ID: 865 460 8876

Can't make the Zoom meeting but would like to have a say?

please contact us at [info@nottinghamshirecarers.co.uk](mailto:info@nottinghamshirecarers.co.uk). You can put your thoughts in an email or we can arrange a phone call at a convenient time.

*\*A Young Carer is someone under 18 who helps to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.*

Young Carers in Nottinghamshire can get help from  
[Nottinghamshire Carers Hub](#), also known as [TuVida](#).

[www.tuvida.org/nottsyongcarers](http://www.tuvida.org/nottsyongcarers)

Phone: 0115 824 8824

