

Support for Young Carers

Are you 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:

Wednesday 29th 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. 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

Phone: 0115 824 8824

