

# YOUNG CARERS/ YOUNG ADULT CARERS PROJECT

m ipsum

**"I love CHUMS because you make new friends and do fun things that help you cope with your problems"**

# CALLING all 5-25 year old 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**

