

# Young Adult Carers

## Looking after someone? We look after each other

It's easy to miss out on getting help if you don't know what's out there or who to ask!

If you're aged between 18-24, live in Surrey, and care for someone with an illness, disability or addiction, the Young Adult Carers network is here to help you. **See over** →



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**You can:**

### **1. Get out and about**

All of our evening meet-ups are free, including a meal and travel expenses. We have social activities, information evenings, and a summer outing each year.

### **2. Join in**

We have a secret Facebook group which is a great way to connect with other young adult carers, share useful links and information. If you'd like to join, drop us a line!

### **3. Get support**

We can help when caring affects your independence — succeeding in education, employment, money management and much more.

## **Sound good?**

If you'd like to find out more about how we can help, then please get in touch!

**Email us at [yac@actionforcarers.org.uk](mailto:yac@actionforcarers.org.uk)**

**Phone 01483 568269**

