

YOUNG CARERS TRANSITIONS PROJECT

Do you help or support someone in your family due to a disability, illness, mental health issue, or their substance use?

For young people with caring roles the transition from adolescence to adulthood can be a really exciting time but it can also be challenging and confusing.

Join one of our transitions training programmes where you can meet other young carers in a friendly, supportive and welcoming environment or work with one of our volunteer mentors to achieve some of your own personal goals.

If you live in Nottingham City, Rushcliffe, Gedling or Broxtowe and are aged between 15 and 18 please contact Naomi Sykes for more information.

Telephone 0115 9629335
or email: n.sykes@carersfederation.co.uk

MEET NEW PEOPLE - MAKE NEW FRIENDS - TAKE CONTROL

TRANSITIONS PROGRAMMES CAN HELP YOU TO

- Build positive relationships
- Boost confidence and self-esteem
- Explore lifestyle and emotional well-being
- Develop coping strategies
- Manage your money better
- Understand your caring role and looking after yourself
- Stay safe online
- Access other opportunities
- Learn new skills and make friends

ONE TO ONE MENTORING CAN ALSO HELP YOU

- Identify your goals and aspirations
- Overcome barriers to achieving your goals
- Focus on your needs
- Be ready to move into adult services
- Get into education, training or employment

