



**YOUNG CARERS
DUDLEY**



Are you 18-25 years old?

**Do you look after or help to
look after someone?**

Do you need a break?

**Would you like to meet with other young
adults who are caring?**

**Do you want to do something for
yourself?**

Do you need some support/advice?

**If you are a young adult carer
who provides any type of support
to any family member**

Please contact:

**Baldish Kaur –
Young Adult Carer Support Worker**

on

01902 877550

Or e-mail – bkaur@spurgeons.org