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**Aged 18-26?**

**Looking after or living with someone with a long term illness or disability?**

**Would you like support as a**

**Young Adult Carer?**

Carers Support, based in Chichester work with carers of all ages looking after family members and friends with illnesses, mental health conditions and substance misuse problems.

Recently, Vanessa Hasted has taken on the role of support worker for Young Adult Carers. Vanessa has previously worked with young people aged 16-24 and can now offer help and guidance through information and signposting, one-to-one ongoing support, access to emotional support, CV writing and job searching skills as well as helping you find social activities and groups that interest you. Carers Support can also offer assistance in finding respite care and may help towards the cost of leisure and wellbeing activities such as driving lessons or equipment needed for a college course.

Vanessa is hoping to hear from those aged 18-26 who are currently in a caring role who feel they might benefit from this type of support with the possibility of setting up a local dedicated support group in the local area.

If you would like to find out more, please contact Vanessa Hasted on 01243 537011 or by email vanessa.hasted@carerssupportservice.org.uk or find us on Facebook by searching for ‘Carers Chichester’.