## **Carer's Referral Form**

Please telephone or email us with this information or alternatively post this form back to us at the address given on the back of this leaflet

#### Manchester Carers Centre Vulcan Mill 12-18 Pollard Street Manchester, M4 7AN



Manchester Carers Centre is located just off Great Ancoats Street and five minutes walk from Central Retail Park.

Public Transport By Train/Tram: We are 15 minutes walk from Piccadilly Station Take the tram to New Islington, we are opposite the tram stop

By Bus: You can also take the following buses from Piccadilly Gardens, 216 or 231. These stop on Great Ancoats Street

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27/05/2014



## Are you aged 16 – 25?

Do you provide unpaid support to a family member or friend who is ill or disabled?





Young Adult Carers

Time to Change Project Telephone: 0161 27 27 27 0 Mobile/Text service: 07957836058

#### Tuesday-Friday 10am-4pm





## What is a Young Adult Carer?

Young Adult Carers are young people aged 16-25 who provide unpaid support to family members or friends who could not manage without their help.

This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health problems or substance addictions problems.

#### Who are we?

Manchester Carers Centre is a local charity here to help all Carers who live, or care for someone who lives, in the City of Manchester.

# TIME TO CHANGE PROJECT

IS ABOUT HELPING YOU TO THINK ABOUT YOUR GOALS AND ASPIRATIONS FOR THE FUTURE.

# How we can help you...



www.facebook.manchesteryoungadultcarers

Our services are free & everything you tell us will be kept in confidence\* \*if a child or adult protection issue is raised we are bound by law to break confidentiality. We will however endeavour to discuss this with you at the time.