

# YOUNG CARERS NOTTS

## Free and confidential support for young carers in Nottinghamshire and the City of Nottingham

Young Carers Notts is for young carers age 5-17. We offer group sessions, short breaks, social opportunities with other young carers, fun activities, and practical advice about caring for someone.

Young Carers Notts also helps those working with young people to increase identification of young carers and promote the support available.

**Web:** [www.youngcarersnotts.co.uk](http://www.youngcarersnotts.co.uk)

**Email:** [youngcarers@tuvida.org](mailto:youngcarers@tuvida.org)

**Tel:** 0115 824 8824 (9am-5pm, Monday-Friday)

**WhatsApp:** 07860 957 660

**Address:** 54A, Nottingham Road, Mansfield, NG18 1BN