

Contact Us



0161 27 27 27 0

Monday-Thursday, 10am-1pm (Carers Only)



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(Carers and Professionals)



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Manchester
Carers Centre
Changing Carers' Lives

www.manchestercarers.org.uk

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I CAN

Are you a Young Adult Carer aged 16-25? Would
you like to receive some support with your caring
role and meet other Young Adult Carers?



Are you an unpaid Carer?

An unpaid/unwaged Carer is anyone who cares for a friend or family member, who due to illness, disability, a mental health problem or an addiction cannot manage without their support. This includes both temporary and longer-term illnesses.

I CAN - Young Adult Carer Service

A specialist service to listen to Young Adult Carers (16-25 year old) and provide a range of information, emotional support, and practical help.

Our support aims to...

- Improve health and wellbeing of Young Adult Carers.
- Empower and ensure Young Adult Carers are well informed.
- Support Young Adult Carers to achieve their best futures.
- Promote social inclusion, reduce isolation, and help Young Adult Carers to extend their social networks, have fun and a quality of life.

What We Offer

1-1 Appointments

Our tailored 1-1 appointments offer a safe space for Young Adult Carers to discuss any concerns or worries that are affecting them or their caring role. The service provides information, emotional support, and practical help to balance their own lives with their caring responsibilities.

Connecting Carers with specialist services and practical help

We can help Young Adult Carers negotiate the complex range of health and social care services. We can apply for grants and financial help to improve Young Carers prospects. We can help improve Carers knowledge and health and wellbeing through our practical information and E-bulletins.

Social Activities, building skills, and promoting the voice of Young Adult Carers

We offer fun social sessions for Young Adult Carers so they can meet other Carers like themselves, build confidence, and improve social networks. Young Adult Carers direct the kind of activities that we offer and we work to achieve a voice for them.

If you are in need of any support, please get in touch with us using the contact information on the back page of this leaflet.