

Are you aged 18-25 and helping to look after a family member, partner, friend, relative or neighbour?

Shine - the service for Young Adult Carers in West Sussex is there to support you in your caring role:

Find time out for fun activities

Feeling down? Need to chat?

Access to counsellors and friendly faces

Need a break? We can help

Shine

Driving Lessons

Help finding work or education

Meet others like you

One 2 One Support

And lots more...

For more information or to speak to a Young Adult Carer worker call 0300 028 8888 or email shine@carerssupport.org.uk



Carers Support
Working with West Sussex Carers