

CARERS IN BEDFORDSHIRE

Hub nights every month

- Monday in Bedford
- Wednesday in Leighton Buzzard

It's a central point where members can come to have fun, be active or just relax in a safe and friendly environment and take some time out for themselves for a few hours.

What you can expect

- Coffee bar & kitchen area
- Widescreen TV's and music
- Wii, PS3 & IT suite
- Beauty & relaxation therapy
- Pool, darts & air hockey
- Sports hall for various activities

Other Events & Activities

We try to plan these to run as well as The Hub night and have included bowling, go-karting, tobogganing, flying, meals out and are always great fun!



Carers in Bedfordshire

Suite K

Sandland Court

Pilgrim Centre

Brickhill Drive

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Registered Charity No. 1135507

A company limited by guarantee and registered in

England No. 07140432

President : Alistair Burt MP



for
Young Adult Carers
Aged 16 to 25

Be at the centre of it

Carers in Bedfordshire



Working to prevent today's carers becoming tomorrow's cared for

About Us

Carers in Bedfordshire is a not-for-profit registered charity and a member of The Princess Royal Trust for Carers

We exist to provide unpaid carers and former carers throughout Bedfordshire with help, support, advocacy and training according to their wishes and to involve them in planning future services

The Hub Young Adult Carers 16 to 24 project was started in March 2007 to support carers in the transition towards adulthood

Our Aims

- **Identify, engage & support all unpaid young adult carers throughout Bedfordshire**
- **Provide one to one & peer support services**
- **Be a platform for the carer's voice about issues which affect their lives**
- **Work together with statutory services to raise awareness of all carer issues**
- **Inform & support schools, colleges, universities & places of employment**



The Hub Young Adult Carers 16-25

The services we provide

- **Emotional & practical support**
- **Informal one to one sessions**
- **Help to develop strategies for dealing with difficulties**
- **Information, advice & training**
- **Social group nights**
- **Events & outings**
- **Help in any other areas which they think are important to them**

We strive to ensure that the needs of individual young adult carers are met so that they are able and motivated to engage in:

- **A healthy lifestyle**
- **Education**
- **Employment**
- **Training**
- **Making a successful transition to adult life**

Young adult carers together

We believe there is a great benefit in young adult carers acting together as they have many experiences in common

Together through The Hub they can have fun, gain mutual support and think about ways to improve their lives



Staff & volunteers

Our staff are very dedicated and professionally qualified. We work hard to implement 'Best Practice' for areas involving safeguarding for children and young people

All staff and additional volunteers are CRB checked

What to do next

To enjoy and benefit from all our support services please contact us