

**CARERS  
TRUST**  
Solihull

FUNDED BY



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL



**44% OF  
YOUNG  
ADULT  
CARERS  
OFTEN  
FEEL  
STRESSED  
BECAUSE  
OF CARING.**

**You understand  
how difficult life  
can be caring for my  
dad and you know  
what support I need  
when I don't know  
where to turn.**

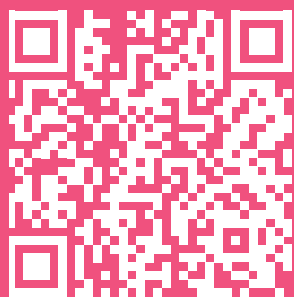
**FOLLOW US  
FOR THE  
LATEST  
UPDATES:**

@solihullcarers



**AGED 16-25?**

**DO YOU HELP LOOK  
AFTER SOMEONE AT  
HOME? WE'RE HERE  
TO HELP YOU.**



**GET IN TOUCH**

**T** 0121 788 1143

**E** [youngcarers@solihullcarers.org](mailto:youngcarers@solihullcarers.org)

**W** [www.solihullcarers.org](http://www.solihullcarers.org)

