

# CALLING ALL 13-17 YEAR OLD CARERS! BECOME A VOLUNTEER PEER MENTOR

**As a volunteer peer mentor, you can make a difference by helping other young carers on a similar journey to yourself.**

Young people with caring responsibilities sometimes need support with areas such as, how to organise their school life. This is a chance for you to help carers younger than yourself with things that you have some experience of already.

Peer mentors receive training to equip them to support other young carers who are 5 to 12 years old in 1-2-1 or small group sessions focused on their needs as carers in a school setting. You will also benefit from adding to your record of achievement (e.g. CV), which will support career options.

**CARERS  
TRUST**  
Solihull

**IF YOU ARE 13-17 YEARS OLD, REGISTERED WITH US AND WOULD LIKE TO FIND OUT MORE, PLEASE GET IN TOUCH WITH RUTH:**

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