



Carer Support  
Wiltshire

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Do you look after someone?



Find out how  
we can help  
support you



[www.YACbook.co.uk](http://www.YACbook.co.uk)

## **Advice, information and support for Young Adult Carers**

Go to  
[YACbook.co.uk  
/Card](https://YACbook.co.uk/Card)

Regular blog posts on topics like  
mental health, money and cooking

Events, resources and interviews  
with Young Adult Carers



/YACWiltshire



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Advice, information  
and support for  
Young Adult Carers


**Contact YAC Support Worker - Andrea James**  
**[andrea@carersupportwiltshire.co.uk](mailto:andrea@carersupportwiltshire.co.uk)**  
**01380 819617**

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Check out our  
Young Carers  
website

**Advice,  
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for young carers**

info zone full of  
helpful advice  
blogs from other  
young carers

**[www.carersupportwiltshire.co.uk/young-carers](http://www.carersupportwiltshire.co.uk/young-carers)**  
Take a quiz and find out more about caring.

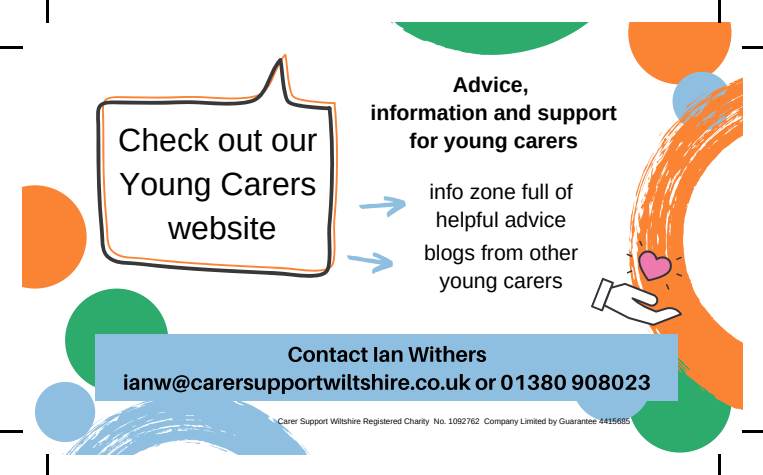


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**Contact Rachel Hamblin**  
**[rachelh@carersupportwiltshire.co.uk](mailto:rachelh@carersupportwiltshire.co.uk) or 01380 908035**



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**Contact Ian Withers**  
**[ianw@carersupportwiltshire.co.uk](mailto:ianw@carersupportwiltshire.co.uk) or 01380 908023**