



## **Carers Trust 4all's Young Carers Service lands in Herefordshire**

A young carer is someone under 18 who helps to care for someone in their family, who due to illness, a disability, a mental health problem or an addiction, cannot cope without support.

In Herefordshire, Carers Trust 4all offer young carers the chance to have a break from their caring responsibilities through activities, outings, holidays, one-to-one and peer support.

Below are details of our upcoming young carer groups across Herefordshire, please call to discuss attendance.

You can call during office hours (9am - 5pm Monday - Friday) on 01432 663057 or email [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)

### **Pembridge Young Carers**

Fortnightly during term time only  
beginning

**Friday 6 September 2019**

Pembridge Village Hall  
Bearwood Lane, Manley Crescent,  
Pembridge,  
Leominster HR6 9EB

### **Bromyard Young Carers**

Fortnightly during term time only  
beginning

**Wednesday 4 September 2019**

HOPE Family Centre  
Hereford Rd,  
Bromyard,  
HR7 4QU

### **Peterchurch Young Carers**

Fortnightly during term time only  
beginning

**Thursday 12 September 2019**

Peterchurch/Golden Valley  
Community Centre  
HR2 0RP

### **Ledbury Young Carers**

Fortnightly during term time only  
beginning

**Tuesday 10 September 2019**

Ledbury Primary School  
Long Acres, Ledbury  
HR8 2BE