

## Meet the Team

For all general enquiries and referral information please contact the team using the following email:  
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### CARDIFF



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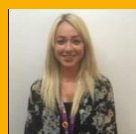


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### VALE OF GLAMORGAN



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## Where you can find us?

Cardiff YMCA,  
The Walk,  
Roath,  
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CF24 3AG

## Social Media

Website: [www.cardiffymca.co.uk](http://www.cardiffymca.co.uk)  
Twitter: YMCA Cardiff/YMCA Cardiff Young Carers  
Facebook: @YMCACardiff

## Who do we work with?

Cardiff YMCA would like to thank all its funders for supporting its work throughout Cardiff & the Vale of Glamorgan.



**Registered Charity No: 1155885**

**Registered Company No: 8151495**



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE
ACCOMMODATION
FAMILY WORK
HEALTH & WELLBEING
TRAINING & EDUCATION

## YMCA CARDIFF

'Time 4 Me'  
Young Carers  
project.

Cardiff and the  
Vale of Glamorgan



## Who are we and what do we do?

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Cardiff YMCA seeks to creatively respond to the evolving needs of the community by developing and delivering a range of innovative and effective projects, activities and services.

'Time 4 Me' is one of the youth projects run by Cardiff YMCA, supporting Young Carers within the area of Cardiff & The Vale of Glamorgan.

## What is a Young Carer?

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Young Carer's are children and young people aged from 7 to 18 years, who help care for a family member who lives with them.

The family member could be experiencing difficulties with one or more of the following:

- Learning disability
- Chronic illness
- Mental health problem
- Drug and alcohol abuse
- Physical disability



## What does 'Time 4 me' offer a young carer?

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'Time 4 Me' offers Young Carers a chance to have a break from the caring role and...

- Experience new opportunities
- Meet other young carer's
- Make new friends
- Take part in activities
- Have fun
- Gain new skills
- Support and advice

"I have enjoyed all of the activities because I make new friends"

- Hannah

## Young Carer's Life Skill's Project

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The Life Skills Project has been designed to help young carers develop their skills through activities, accreditation and 1:1 support.

If you would like to know more about what the Life Skills Project can offer you please ask your key youth worker.