

Young Adult Carer Support

Wellbeing Support Carers in Bedfordshire

Our new service offers wellbeing support to young adult carers aged 16-25 years in Dunstable, Houghton Regis and Leighton Buzzard.

The service offers up to **8 one-to-one wellbeing sessions with a Wellbeing Practitioner** from Carers in Bedfordshire. Sessions are CBT-based to support with stress management, anxiety, low mood and any specifics relating to your caring role.

Theatre Pop Ups Next Generation Youth Theatre

The new service at NGYT will be offering **9 pop-ups** across the Central Bedfordshire locations. From September there will be the opportunity to **be part of a theatre company** as part of the creative or production team. In these workshops, young people will work with theatre practitioners and artists from variety of areas covering workshops, such as:

- Sound and lighting technicians
- Photographers/videographers
- Set and costume designers
- Drama
- Art
- Spoken word
- Writing
- Set design



How to access support

Professional and self-referrals for wellbeing support can be made by contacting Harmeet on:

☎ 0300 111 1919

✉ harmet.bhamra@carerinbeds.org.uk

www.carersinbeds.org.uk

Where?



Dunstable
Leighton Buzzard
Houghton Regis

16-25 years

How to access support

For the theatre workshops please contact Laura for the next available dates on:

☎ 07921 067683

✉ laura@ngyt.co.uk

www.ngyt.co.uk



Transport can also be provided for sessions and pop ups.

