

## Our services

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### Fact sheet 6: **N-HANCE supported transition service for young adult carers (16-24 years)**

The N-HANCE service is part of Carers Trust Hillingdon, which is an independent charity and not connected to Social Services. We offer young adult carers specialised support to find employment, training and apprenticeships or move on to higher education. The young adult carers also have access to a social programme where they can attend a fortnightly youth club and access trips and residential weekends away. These are all provided free of charge.

- **Tailored support:** We offer quality advice and information and emotional support on a 1:1 basis.
- **Help to find a job or pursue further education:** We can help young adult carers decide the right path for their future. We work with local businesses, apprenticeship schemes and education providers.
- **Training workshops:** We run variety of different workshops including money management, confidence and empowerment, and CV writing.
- **Social activities and residential trips away:** The opportunity to socialise with other young people who understand what it's like to be a young carer. We provide a regular youth club and free trips and weekends away.

**For more information about our services, please contact us on:**

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