

ARE YOU A YOUNG ADULT CARER?

WOULD YOU LIKE TO BE INVOLVED IN RESEARCH INTO CARER WELLBEING?

I am conducting research on supporting wellbeing in young adult carers using an online intervention. I am looking to involve carers aged 18 to 25.

Participants will be asked to take part in:

- Two questionnaires
- Two activities each week designed to improve wellbeing over the course of five weeks



WHO AM I?

My name is Kate Stewart and I am a postgraduate student in the School of Psychology at the University of East London. I am studying for a Master of Science in Integrative Counselling and Coaching. As part of my studies I am conducting the research you are being invited to participate in.

CONTACT DETAILS

For more information about the project and to register to participate, you can contact me by email at u1719634@uel.ac.uk. I am happy to discuss any queries or concerns you may have.