

MEET THE TEAM



ALISSA BEVAN

YOUNG CARERS PROJECT MANAGER

My name is Alissa. I have been part of the team since January 2020. My main role is to support 16 to 25 year olds. My hobbies include travelling, going to music festivals and gym.



LAURA GRAHAM

YOUNG CARERS SUPPORT WORKER

Hi, I'm Laura, the newest member of the Bridgend Carers Centre team. As a former young carer, I know that sometimes you just need a break or someone to talk to, and I'm honoured to provide that to our young people.



ERICA STEVENS

YOUNG ADULT CARER SUPPORT WORKER

My name is Erica. I have recently joined the team at Bridgend Carers Centre as the Young Carers Support Worker. I enjoy eating out and spending time with family.

**BRIDGEND CARERS CENTRE'S
YOUNG CARERS TEAM
SUPPORT YOUNG CARERS
FROM AGE 5 UP TO AGE 25.
WE DELIVER ONE TO ONE
SUPPORT SESSIONS IN
SCHOOLS WHICH INCLUDE
SUPPORT ON TOPICS LIKE
SELF ESTEEM, CONFIDENCE
BOOSTING, STRESS AND
ANXIETY, COPING
TECHNIQUES AND ANGER
MANAGEMENT. WE ALSO RUN
GROUP SUPPORT SESSIONS
ONCE A MONTH AT THE
CENTRE AND TRIPS DURING
THE SCHOOL HOLIDAYS FOR A
CHANCE TO MEET OTHER
YOUNG CARERS AND GET
SOME RESPITE FROM YOUR
CARING ROLE.**

If you think you may be a Young Carer or know anyone who might be please contact Alissa on 07776532237 or 01656 658479 or alternatively you can email alissa.bevan@bridgendcarers.co.uk

