

Yours Truly

Promoting the personal
& vocational goals
of unpaid carers.



JST's **Yours Truly** project supports carers in identifying personal and vocational goals for self-improvement, **outside** of their caring role.

Are you an unpaid carer for a family member or friend?
Do you provide personal, practical, and emotional support to
them on a daily basis?

Then the chances are, whilst giving your all, you take little to
no time for yourself.

YOURS TRULY helps carers explore social interests outside of
their caring role and then supports them in making these a
reality.

If you would like to explore your own interests, or know of a
carer who may, contact **Stuart on 07486 380590**

or email at:

stuart@juststraighttalk.org

for more details.



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