



# Would you be interested in speaking to us about your experiences during Covid-19?

**We would like to speak to young adult carers (aged 18-24) who have been providing unpaid care, help or support to a relative, partner or friend with care needs during the pandemic. We would like to understand your experiences of the pandemic, social distancing and social isolation, including any impacts on mental health, well-being and daily life. We would like to speak with you if you:**

- » are aged 18-24 years old
- » provide unpaid care, help, or support to a family member, partner or friend with care needs (e.g. mental or physical health problems, frailty, disability). This might include providing personal care, emotional support, practical support with everyday tasks, managing appointments or dealing with medications or supporting them to look after other members of your family.

## What will happen if I take part?

- » You will have the opportunity to discuss the study with a trained researcher and ask questions.
- » You will be asked to take part in an interview with a researcher over the telephone, or via a video call depending on your preferences. The interview should last around 45 minutes.
- » The information you give us will be anonymised and kept confidential.
- » We will offer you a £10 online gift voucher to thank you for taking part.



**If you are interested in hearing more, please contact:  
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