# Young Adult Carers: your voice matters

Sign up to join Lowry's Young Adult Carers Advisory Group to co-produce a new podcast

**Are you aged 16 to 24 and have had, or still have, caring responsibilities for a family member or friend?**

Lowry is looking for young adult carers from Salford and nearby areas to join an advisory group which will shape a new podcast about young carers' experiences.

You'll share ideas, choose topics, shape questions and help make sure young carers' voices are heard.

Expressions of interest are open now. Places will be given on a first come, first served basis. There is no deadline for expressions of interest.

- No experience needed
- Travel support if needed
- Refreshments provided
- £50 thank you voucher if you attend at least 50% sessions

**The sessions will be 6pm – 8pm at Lowry. The dates for sessions until Christmas are:**

Wed 28th October
Mon 2nd November
Wed 11th November
Thurs 19th November
Wed 25th November
Thurs 3rd December
Wed 9th December
Thurs 17th December




**Interested?** Fill in the short Expression of Interest form.

Questions? Email Eloise.bonney@thelowry.com

Everyone's experience is different. We'd love to hear from you.

## To find out more, continue below.

Lowry is looking for up to **10 young adult carers** to join a new **Young Adult Carers (YAC) Advisory Group** and help shape an exciting podcast project exploring the experiences of young carers.

This is your chance to make sure young carers' voices are heard, influence the topics covered in the podcast, and help create something that could make a real difference for other young carers.

**What do we mean by 'Young Adult Carer'?** Young adult carers are young people aged 16–25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction, or people aged 16-25 who had caring responsibilities when they were under the age of 18.

**What will the advisory group do?**

As a member of the group, you'll work alongside Lowry staff, a professional podcast producer, and other young adult carers to:

- Explore issues that matter to young carers.
- Help choose the podcast themes and questions.
- Carry out research and speak to local organisations and services.
- Gather views from other young carers through surveys and conversations.
- Create and record parts of the podcast such as Episode Introductions.
- Attend events and connect with other young carers.
- Help shape podcast artwork, episode descriptions and promotional materials.
- Listen to podcast episodes and provide feedback.
- Support planning for the podcast launch event and Young Carers Action Day activities.

**Potential topics could include:**

- Education and school support
- Public transport
- Transitioning into adulthood
- Accessing support services
- Young carer identification and visibility

- Other issues that are important to you

**What commitment is involved?**

The group will meet regularly throughout the project, starting in autumn 2026. Most sessions will take place at Lowry, with opportunities to contribute in different ways. Before Christmas, the YAC Advisory Group will meet weekly to create the podcast creative brief. From January 2027, the YAC Advisory Group will meet monthly.

We know young adult carers have busy lives, so we'll work with successful applicants to make participation as accessible as possible.

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**What support will be available?**

- Travel expenses covered
- Refreshments provided
- Support to reduce barriers to participation
- A £50 thank you voucher for participants who attend at least six sessions

**Who are we looking for?**

We want to hear from young adult carers aged **16 to 24,** who **live, learn or earn in Salford** or the surrounding areas, from a **range of backgrounds and experiences**.

We're particularly keen to include different voices, including:

- Young people from different parts of Salford and the surrounding areas
- Those in school, college, university, work or training
- Young people who have experience of being home-educated

- Young people from who have experienced discrimination due to their ethnicity, culture, and/or background
- Young People who are part of the LGBTQIA+ community

No previous experience is needed. If you have experience as a young carer and want to share your ideas, we'd love to hear from you.

As a member of the Young Adult Carers Advisory Group, you'll help shape the podcast by influencing the topics, the conversations, and themes and taking part in interviews. We believe a wide range of perspectives will help create content that is relevant, authentic, and reflective of the communities we serve.

In the Expression of Interest form, you will have the option to tell us a little about yourself and any experiences that has shaped your perspective. This could include but not limited to, your caring responsibilities, your cultural background, education journey including if non-traditional education, or any other experiences or aspects of your identity that you feel are important to share. Sharing this information is completely optional.

We are committed to creating an accessible and inclusive project and bringing together a group with a broad range of experiences, viewpoints, and ideas.

**How to apply**

To apply, please fill in this short **Expression of Interest Form**.

If you have any queries, please contact Eloise.bonney@thelowry.com

