

Giving Young Carers a Voice

Quarterly Insight Report

What we're hearing

December 2025



Giving Young Carers a Voice

Quarterly Insight Report – October to December 2025

What we're hearing

If you would like a paper copy of this document or require it in an alternative format, please get in touch with us.

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About Luminus

Luminus is a Surrey based independent community interest company which exists to empower people to have their voices heard. We are an enterprise driven by social value, that invests in the local community. We help organisations provide equity of access, and the best services possible, through the inclusive involvement of local people. Our vision is to create a society where everyone's voice is heard so we all receive the support we need for our wellbeing.

Our CIC was established in 2013 to deliver the [Healthwatch Surrey](#) service and ensure the voices of all users of NHS and social care services are heard. We have since built on our expertise and experience and Luminus has grown to shine a light on the experiences of carers, young carers, those who are affected by substance use, and people most at risk of health and care inequalities. We achieve this through bespoke projects, co-design, contracts, mentoring, research, and training.

About Giving Carers a Voice

If people look after anyone who couldn't manage without their help, they are a carer.

Giving Carers a Voice listens to the experiences of carers (of all ages) to ensure their views are heard in the design and delivery of the services they use. These experiences form the basis of this report.

The lived experiences quoted in this report are in people's own words and therefore reflect their personal perspective and perception, not the views or opinions of Luminus as an organisation. When we are engaging with people and the individual has incorrect information about a provider or service, we endeavour to provide them with up-to-date correct information. We also offer signposting for other local support services and organisations where relevant and appropriate.

We check in with the group leader if someone has said something we are unsure of or concerned about to ensure that the person is being supported and not alone. We also ensure that support services are aware of appropriate treatment pathways and local support available. If we hear a case of concern regarding a person's safety, we immediately signpost the sharer to the appropriate body and escalate the case with the provider/commissioner.

We have signposted young carers to the following places:

- College well-being lead
- School safeguarding lead
- Surrey Young Carers
- Woking Young Carers
- Mindworks



- Eikon
- Catch22
- Kooth
- Twister
- Appeer.

Engagement October – December 2025

This quarter, we have visited the following places to speak to young carers and hidden carers to hear their experiences and to signpost to the relevant services where needed/appropriate:

- International Older Persons Day, Egham
- Community Health Fair, Tadworth
- Woking Young Carers, Woking
- Guildford Shakespeare Company Young Carers, Guildford
- Surrey Young Carers, Godstone Farm, Godstone
- Additional needs showcase, Ash
- Surrey Young Carers, Gatwick Science, Technology and Math Centre (STEM)
- Heathcot Medical Practice wellbeing and community workshop, Woking
- Additional needs showcase, Redhill
- Nurture Through Nature, Reigate
- Working Together for Woking, Woking
- The Hive Carers Fair, Guildford
- Merstham Primary School, Merstham
- Hermitage School, Woking
- Surrey Young Carers escape room event, Horley
- Surrey Young Carers Christmas party, Godstone.

This quarter, we have attended the following meetings:

- Make Every Contact Count (MECC), an approach to smoking
- Carers Trust, Young Carers Conference, London
- MYTIME Young Carers Education Summit, Bournemouth
- Carers Trust, unpaid care is everywhere
- South West Carers Network, Guildford
- Family Action, young carers and the school census
- Surrey Youth Focus, children's anxiety: creating emotional safety
- Carers Trust, young carers in school
- Carers Trust, next steps for improving education opportunities for young carers.



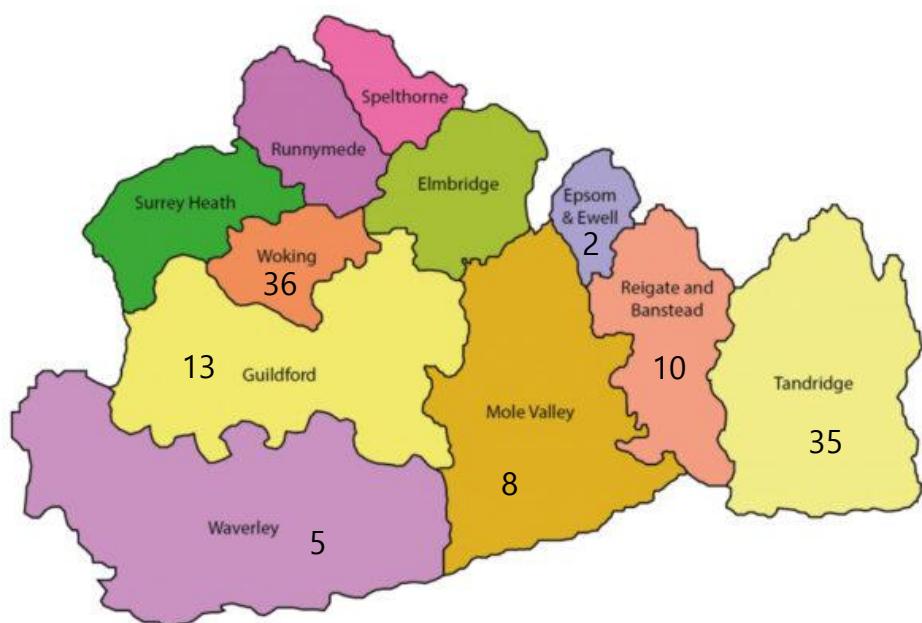
Main themes we have heard from October – December 2025

The word cloud below highlights the main themes we have been hearing about this quarter. The most prominent words are unpredictable, more groups, make friends, understanding, balancing, strong and stressed.



Where we have heard from young carers

This quarter, we have engaged with 109 young carers. The map of Surrey below shows the number of young carers we have engaged with in each area of Surrey.



Regular activities and group sessions are important to young carers

Regular support groups offer young carers a chance to find emotional support, take a break, and meet others who understand what they are going through. With the right support, young carers can succeed in school, make friends, and enjoy their childhood. When they feel supported and mentally healthy, they do better in school, build stronger relationships, and can reach their full potential.

"Support to thrive, not just to cope."

Statement from a young carer, Young Carers Conference, October 2025

"My brother has mental health issues. He can be suicidal at times, and I worry about him when I'm not there. Coming here every week helps me because everyone knows my story now, and I can talk about what is worrying me. Sometimes we laugh at each other, but not in a nasty way; we actually love each other. I have anxiety and ADHD too."

Carer 15, 300105, October 2025

"I care for my mum; she cannot walk and suffers with her mental health. I don't get much time with other kids, so this weekly after school group is great for me. Most of us go to the one that the school runs at lunchtime, group too. I get bullied because of my sexuality a lot. In this group, that doesn't happen. This is my safe place. There's a group during the school holidays too, and other young carers can come along. I don't have anyone to take me to Surrey Young Carers, so having something in school means I don't miss out. I get anxious and can become angry at times. If I had a choice, I wouldn't be a young carer. It's just my mum and me, and she needs me, and I love her, so I'll manage. I've been diagnosed with ADHD, which explains my outbursts."

Carer 12, 300101, October 2025

"I've not been to anything before, and I hope my friends from school come too. I've made some new friends and am looking forward to seeing them again at groups. My school has a young carer group that I go to."

Carer 8, 300109, October 2025

"My mum cannot walk without a stick and is in pain. She needs to rest a lot, which means we cannot do as much as my friends do with their families. I stay near her when we are out because I worry she may fall. I have to help with my little brother. I help get him ready for school, and when mum is in pain, I make his breakfast and pack his lunch. I help mum with chores too, and I enjoy going shopping to choose what we'll have to eat. Dad works away a lot, and when he's home, he does the chores and cooking. There's a young carer group in school. I enjoy meeting other



young carers and making friends. I enjoy helping my family and making sure they're happy too. My little brother is the best."

Carer 8, 300123, October 2025

"My son comes here once a week, which has been a lifeline for both of us. He gets to do things he enjoys, and I can join in or have a cuppa. I suffer from anxiety and depression."

Parent carer, 300154, November 2025

"Both my children are registered as young carers, and there's a young carers group in school, which my son attends. They go out on trips and meet fortnightly. They've been to other events, but more often they're too far away for us to go. If they were more often and local, my children would certainly go. I think it's important for them to interact with other young carers and to have some time to themselves. Other than school, they receive no support at all."

Parent carer, 300159, November 2025

"I'm worried about my brother because he's so naughty and gets into trouble. I saw him arguing with another boy at playtime. I went over and told him to stop before he got detention, and he hit me and walked off. He does it all the time, and I'll tell Mum when I get home. She'll speak to him and tell him it was wrong to do that. It's not easy being an older sister to him; he doesn't understand that I want to protect him and make sure he doesn't get into any trouble. He spends a lot of time with the older boys who aren't always very nice; they cause a lot of trouble and are bullies. I know he's got ADHD and probably can't help it. I like this group because I can talk about things, and he isn't here to interrupt or get angry with me."

Carer 9, 300177, December 2025

"I'm pleased I came tonight as I've made some new friends and had lots of fun. It's a shame that we can't do this every week. I might not see my new friends again."

Carer 10, 300182, December 2025

Some young carers may not feel comfortable attending groups alone at first

Young carers may feel nervous about meeting new people, joining groups, or trying different activities. If someone they know is with them, it can help them feel at ease, take part in group activities, and slowly become more independent.

"Both my children have additional needs and are registered as young carers for each other. There are no young carer groups at either school. My son has been to



young carer events, but has found he doesn't know anyone, and this can cause him anxiety."

Parent carer, 300152, November 2025

"My daughter is a young carer for me. I have fibromyalgia and have good and bad days. She has ADHD and didn't want to come today, which is why she's crying and why I've had to stay with her. She gets anxious and never wants to leave me. I know it's because she worries that something may happen to me, but it doesn't help me as I'm coping with my health and dealing with her anxieties too."

Parent carer, 300109, October 2025

"My older brother has ADHD and anger issues. I don't let it upset me, and he doesn't frighten me. I can take care of myself; I'm stronger and bigger than he is. We go to the same school, and he's been suspended. Mum is trying to get him into a special school, but she's been told he's not bad enough. I want to go to more groups and make friends, but I might not know anyone."

Carer 9, 300198, December 2025

Summary of 2025

- Importance of identification
- Parents often don't realise a sibling may be a young carer
- Sibling young carers
- The quiet strengths of young carers
- Understanding what a young carer is and how attitudes can affect them
- Gatwick Science, Technology, Engineering and Maths (STEM) Centre with Surrey Young Carers
- Using different engagement tools.

Importance of identification

Identifying and supporting young carers is important to safeguard their well-being, ensure their educational success, alleviate social isolation, and provide them with opportunities for a promising future.

"I'm a carer for my son, who has complex needs. I do have another son who is 20 months. Even at a young age, he is already a bit neglected and overlooked, as we have so much to do for his brother all the time. He tries to help him and goes over and strokes his face to try to calm him down. He plays at putting on his oxygen mask too. I know he will be a young carer but I don't think he realises he is one yet. He just accepts things as they are I guess as it's all he's ever known. I've tried to get him support, but am told he's too young."

Parent carer, January 2025



"I'm not registered... I would like more time to myself and not having to worry about my mum and little brother. Sometimes being the only adult in the house is hard, especially as I'm only a teenager myself."

Carer 14, February 2025

"My mum had breast cancer and I was told I was a young carer because I helped her. I mainly gave her lots of cuddles and got her things to eat and drink. I did get upset when she cried and I didn't know what to do when she was being sick. She's better now but I like to come to the group because I still worry about her and I have friends here that I can talk to."

Carer 6, February 2025

During the young carers conference, one of the young carers raised this question again, as they have done on several occasions in previous online events. The individual shared their experience and reiterated the same question.

"Why don't you see us? We are not hiding."

Young Carers Conference, October 2025

"I worry about my mum when I'm at school and go to my teacher who will call her to check on her. All my friends go to each other's houses, but I can't go because there is nobody to sit with my mum, you see, she does not walk, and I don't like leaving her alone. I want to join a youth club and meet other young carers because it's difficult for me to make friends, especially since I have to be at home with my mum. This group in school is good for me, and we have started to be friends."

Carer 9, February 2025

"On the enrolment form, there is a box to tick if you know that you're a young carer. The issue is that many young people don't know that they are. It's easy if they self-identify, but then it's really hard for us in college to try to identify them. We do look at their attendance records, and if they drop off, that could be a factor, but it would be great if we could identify them earlier so their attendance doesn't suffer. I think staff would benefit from more training about what a young carer is and where they can be signposted for additional help and support. I think that in college, we are quite good at supporting them when we know, but it's when we don't know that's the issue, and I really want to try and change that."

College staff, March 2025

"My sister is autistic and is constantly arguing with me. My mum says I'm very patient and understanding with her. I try to help her with her homework, but she often gets angry and throws things when she doesn't understand something and thinks it's my fault. I'll go to my room and listen to music to get away or help mum around the house with things. My sister makes us late for things, especially in the



mornings when she refuses to wash and dress. The school allow me to be late when this happens. I also get help with my homework, and teachers understand if it's handed in late. My friends give me support, and I know I can always go to a teacher."

Carer 12, March 2025

"It would have been helpful to know earlier that I was a young carer so that I could have received help and support sooner. I look after my mum, who is blind, and I find it hard, and it would help if we had a cleaner. I get time to see my friends, but I worry when I'm not there for my mum. When I'm worried about anything, I go to my teachers or speak to my friends. Other than school, I don't go to any young carer groups. The young carer group at school makes sure we are ok and not worrying about anything. School and my friends understand about being a young carer, I'm not sure about other people."

Carer 14, March 2025

"Knowing I was a young carer earlier would have helped, so that I could have supported my brother because we can't communicate very well."

Carer 11, March 2025

"It would have helped knowing I was a young carer earlier because it would have meant I wasn't alone caring for my sister. I help her to shower, and help with what she cannot do herself. I find it hard the amount of help she needs all the time, even simple tasks. I don't worry about things and I like to look after my sister, no one can care for her like me. I can talk to my mum or anyone in my family if I'm worried. Knowing I'm not the only young carer who does this for someone helps me to manage."

Carer 12, March 2025

"I would have understood what ADHD was if I'd known more earlier, and I could have understood my brother's anger and mood swings better. I find it hard not having time to do things I want to do, I like to go shopping. I worry about exams and homework mostly, not about being a young carer. I ask for help from teachers. Having more free time would help me the most. I don't think people understand what being a young carer is like."

Carer 11, March 2025

"My mum tells me that I'm a young carer, but I'm not sure if I am or not. My school had a young carer group, but I didn't go to it because I didn't understand what a young carer was. Sometimes I feel sad and don't know who to talk to about it. I'll attend the young carer group here when we're told of the date. I'll contact those you have suggested."

Carer 16, September 2025



"I became a young carer at 2 years old. I help to care for my older brother, who has severe learning difficulties, and my mum, who has mental health issues. It would have helped me to understand what being a young carer is and what to expect, and I would have known what to do if it had been discussed with me earlier. The hardest thing for me is having to give them a lot of attention all the time. I give them lots of love and cuddles too. When I need time alone, I play games in my dad's room, where it's quiet. I don't worry about things, and if I needed to speak to someone, it would be my dad. I go to My Time on a Monday, everyone there is friendly, and it's a nice place to be. There's a young carer group in school, but I don't go to it. It would help if more people understood what a young carer is. I don't think people specifically understand or care."

Carer 12, March 2025

"Mum recently had a stroke. She has carers twice a day; other than that, Dad, my sister, and I do everything. We had an assessment when she came out of hospital and that's when she started having carers. I don't know what help for me is available but I know I must stay strong and focused."

Carer 16, September 2025

Parents often don't realise a sibling may be a young carer

"My daughter has a genetic development disorder and ADHD. She can become violent and aggressive. I'm aware this affects my younger daughter. I wouldn't have said she was a young carer because she doesn't provide any level of care for her sister. Thank you for explaining to me, and I will speak to her about registering. It would help her to attend a group where she was able to talk through her anxieties, especially when her sister is being violent. She cannot have friends over because they are fearful of my other daughter, and it caused a lot of problems with other parents when she was aggressive towards them. We just avoid any group activities. It's unfair to her younger sister, but this is how it is, and she has to deal with it. I don't know what would help her, but I'll certainly look at your suggestions."

Parent carer, May 2025

"I've got 3 kids. My 2 boys have got additional needs. I'd never thought of my middle child as a young carer. I guess we've always just got on with things."

Parent carer, September 2025

"My son has special educational needs (SEN) and is non-verbal... I have two other young children... My son is awake most of the night, and my other children are often very tired in the morning, so they fall asleep as soon as they get home [from school]. I hadn't considered that my 2 other children would also be carers... I'll speak to the nursery and school to check if there's additional support there for them."

Parent carer, September 2025



"Mum won't let me register as a young carer. She says she's my brother's carer, and I don't help him with anything. I do calm him down when he's having a meltdown, mum says all sisters do that for their brothers. My high school identified me as a young carer, and I attended the young carer group there. Listening to other young carers, I realised that I was doing a lot more than mum thought I was doing just by calming him down and the fact that I was being affected by his behaviour."

Carer 16, September 2025

Sibling young carers

Young carers, particularly those supporting siblings, face unique challenges and responsibilities which can impact on their relationships.

"My younger brother has ADHD, and I might too. We fight and argue, which annoys mum. I worry about how my brother will act if people come to our house and if they'll be upset if he kicks off, which he usually does when things are different."

Carer, aged 7, February 2025

"My brother has ADHD and is aggressive towards everyone. He's argumentative and a bully. I don't like being around him and will spend most of my time in my room. I'll go to my friend's house where it's quiet and her mum is really nice. Her mum listens to me and will give me a hug if I'm upset. My parents spend a lot of time on my brother, and I often get forgotten about. Other than school, my friend and her mum, I don't know where to go for advice or support. But I guess I'm lucky because my friend's mum would always help me, and so would my teachers."

Carer, 12, March 2025

"I've always been a young carer, looking after my brother and sister. I make them breakfast and take them to school. They constantly need attention, which is hard for me. Not many people know I'm a young carer; obviously, school knows and others in this group."

Carer, 13, July 2025

"I help my parents with my brother; he needs constant supervision, and they need my help. It's very emotionally demanding, but I'm proud to help. I play online games with friends, but not all of them know I'm a young carer. It's hard to talk about your own emotions and what goes on at home."

Carer, 10, July 2025

"I've had to grow up fast, and being a young carer isn't the greatest. I'd like to go to young carer groups, and my parents are looking at them for me. I help out in



lots of ways. We go to school together, and I always make sure he gets there safely. After school, I wait for him so we can walk home together. When we go out shopping as a family, I help keep an eye on him and make sure he doesn't get overwhelmed or wander off. My brother has ADHD, and sometimes he gets overstimulated in busy places, so I try to help him stay calm and focused. My brother has a big personality - he can be really cheeky and noisy, and sometimes he gets frustrated or angry when things don't go his way. But I know that's part of how he experiences the world, and I try to be patient and understanding. Being a young carer isn't always easy, but it's also taught me a lot about responsibility, empathy, and how to support someone you love."

Carer, 12, July 2025

"My brother is autistic and has ADHD. He gets annoyed quickly and can lash out for no reason. He doesn't understand that what he does hurts people, and he doesn't really care either. He's mean to mum, and she cries a lot. I help her with chores when she can't cope with him and needs to have a break. Most of the time, I can calm him down; I don't shout like mum, and I will play games with him. She'll go to her bedroom to read for a little while. I have a break at school. The teachers understand what it's like for me and support me."

Carer, 10, July 2025

The quiet strengths of young carers

Young carers often have to take on adult responsibilities early in life. They might manage household chores, handle money, give out medications, and support their family emotionally. These extra duties can be overwhelming and leave little time for their own interests or a typical childhood. The pressure can cause stress, anxiety, and loneliness, and they often have few chances to take a break or get help. Even so, young carers are just as capable as their peers. They handle unique challenges with grace, dignity, and maturity that is impressive for their age.

"My little sister goes to a special school because she needs more help than other children. She has learning difficulties and struggles to swallow, and she chokes on her food. She also has loose joints. I help her with lots of things, like dressing, washing, walking, reading and getting ready for bed. She sometimes wakes up really early and comes into my room which I don't like very much. I don't mind helping her, she's my sister and I love her very much. Mum and dad have to do a lot more for her than I do. There isn't a young carers group at my school, and I don't know of any other young carers there. I like coming here, everyone is nice, and I've made some friends. We get to eat here, and we get snacks too. We also play lots of games and do crafts."

Carer, 9, April 2025



"I help my mum and dad do stuff they can't do. My mum has to take lots of pills every day because she's sick. My dad has a painful arm, so he can't do very much. I feed our cats and play with them too. I like to stargaze, and I'd like to do this more. I like school and the young carers group; we all care for someone."

Carer, 8, June 2025

"I care for my mum; she's in a lot of pain and has to rest a lot. I have to be quiet so she can rest. The pain can make her irritable, and then she shouts at me. Caring for my mum makes me feel good. I'm doing things to help her and my family. I help with shopping, cooking, cleaning and anything my mum cannot do. My friends know I'm a young carer, and one is a young carer too. We talk through things and help each other when things are hard at home. I get help at school and go to the young carer group."

Carer, 12, July 2025

"I care for my mum, who's in a wheelchair. I usually do most things for her. I help her with cooking and cleaning. I get her breakfast every morning before I leave for school, put the washing on and get her medication. When I get home, I get dinner ready and help her cook. I wash up because she can't stand for too long. I've hurt my wrist and can't do as much as I usually do, and she's angry with me. It's not been too bad because it's the school holidays and I can take my time doing things. I'm worried that when I go back to school, it'll all get too much for me. The teachers know I'm a young carer and I'll speak to them. Mum doesn't want to get any outside help; she says we can manage on our own, we don't need anyone else."

Carer, 10, August 2025

"I am an only child and at home with mum and dad. My parents are older. I have to help them out so that things can run smoothly at home. I sort of manage everything to make sure things happen. I am not coping well. Mum is more unwell now too, and now that means I'm going to have to take on more medical stuff as she will need help every day. I am struggling. I feel alone and overwhelmed. I'm very stressed."

Carer, 16, September 2025

Understanding what a young carer is and how attitudes can affect them

Negative and disrespectful behaviour not only affects the person with a disability, but also those who care and support them. Stigma or a lack of understanding about their situation can lead to shame and isolation. For young carers, this can exacerbate any stress or anxiety they may already be dealing with.



"My sister has ADHD. I have to stay out of her way when she has a meltdown. She frightens me when she's angry and hits me. I get upset when she does this when we're out. People laugh and it's not funny. She's much bigger than me and when she hits me it really hurts. I don't think mum understands, all she's worried about is that my sister is looked after."

Carer, 7, April 2025

"My sister has ADHD. I help mum get her ready for school in the mornings. I make breakfast for us both and we walk to school together. I get embarrassed when she starts shouting for no reason. People stare at us. I get angry sometimes because my friends don't have to help their sister like I do, and they go out without including me. It's hard that I don't get to spend time with my friends, and they don't understand why I can't always go out with them, and I have to help my mum with my sister. I get upset when they start talking about all the things they have done in front of me."

Carer, 10, April 2025

"My brother is autistic. People with autism can't do things like talking or playing properly, but I love my brother with autism. Others don't understand when he's having a meltdown which upsets me."

Carer, 9, June 2025

"I look after my mum who can't walk very well. People stare at us when I'm helping her to stay steady. I help her with the cooking and chores around the house. I enjoy looking after people."

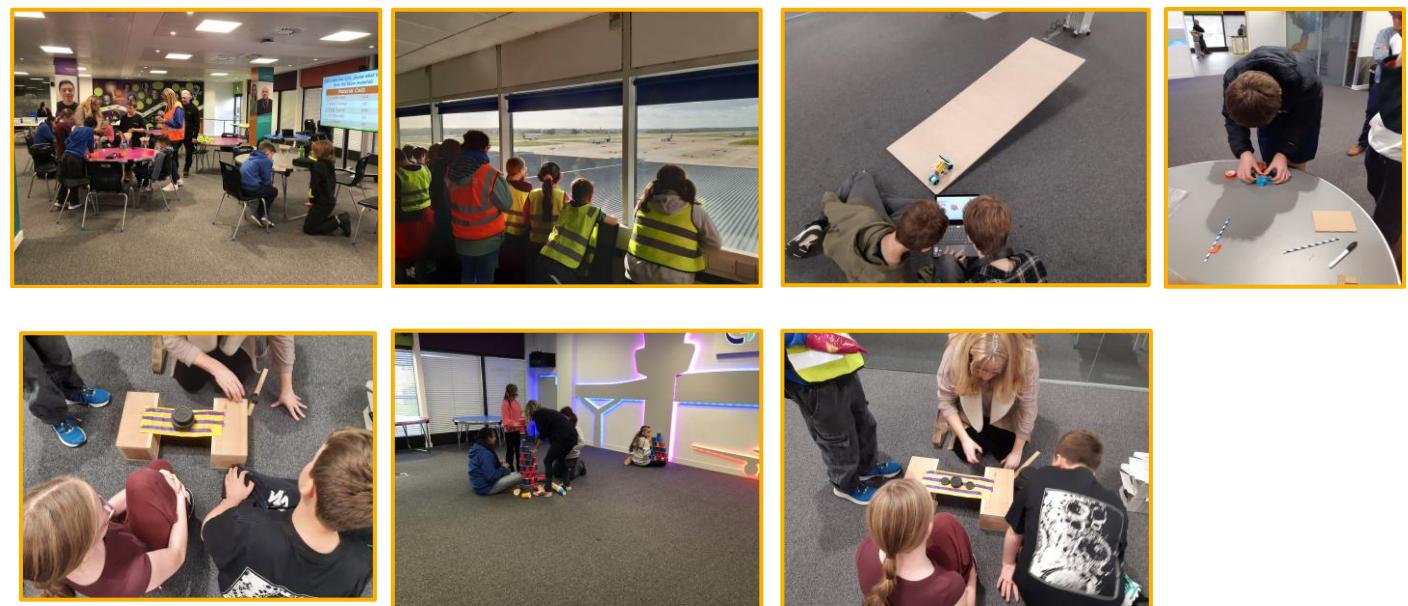
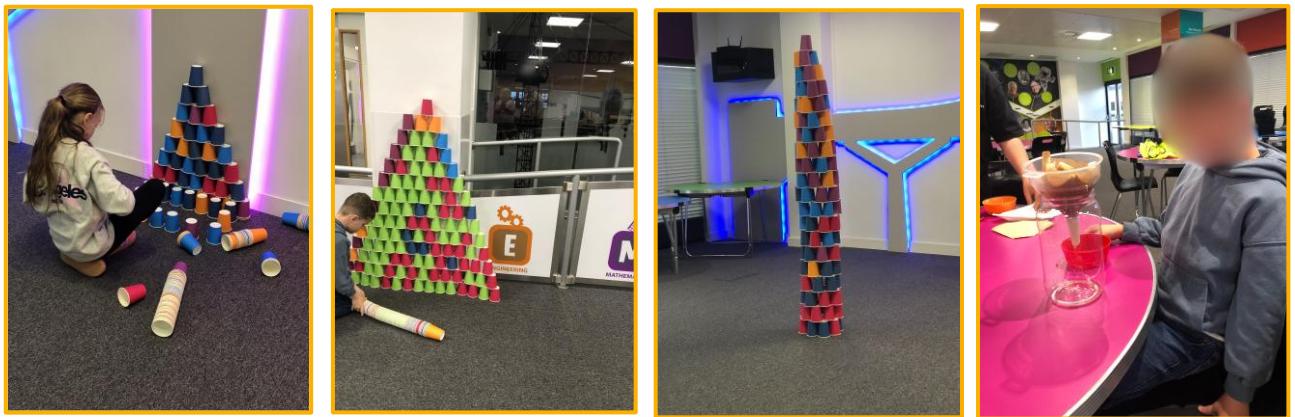
Carer, 10, June 2025

Gatwick STEM Centre with Surrey Young Carers

In October, we had the pleasure of joining Surrey Young Carers at the Gatwick STEM Centre. The Centre provides hands on Science, Technology, Engineering, and Mathematics (STEM) education through interactive activities such as water treatment using various materials to filter water containing spices, constructing a toy racing car, assembling a large paper cup tower, and building a bridge. Upon completing these projects, the young carers tested their creations. These activities equipped the young carers with practical skills and foundational knowledge in designing and constructing structures. Furthermore, the group visited an office overlooking the runway, where they observed planes taking off and landing.



These are some photos from the day.



"I'd like to do more things like this."

Carer 9, October 2025

"Mum's stressed today, and I'm glad to be here. I really enjoy coming to activities and doing different things. Sarah does fun stuff with us and she's always so kind. She brings lots of snacks with her too."

Carer 10, December 2025

"I enjoyed making the racing car and then racing it. I won!"

Carer 10, December 2025

"Making the tower out of paper cups was hard, but it was fun to see who could get it the highest!"

Carer 9, December 2025

"It was hard figuring out how to make the bridge stronger. When ours was tested, it held a lot of weight."

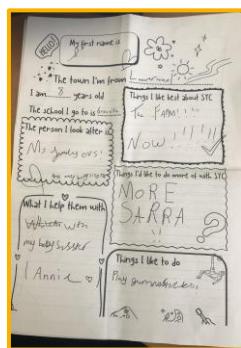


Carer 10, December 2025

"I was so happy to see the water coming out clear, it was slow but it worked."
Carer 9, December 2025

Sarah, the session leader, has a great rapport with the young carers, which we have seen through attending her groups over the year.

Asked what you would like more of with Surrey Young Carers, one young carer wrote "more Sarah!" as seen in this image:



"My son has additional needs and goes to a SEN school. His brother is a young carer and loves going to Surrey Young Carer events. He especially loves [Sarah], who is so kind and caring, that's who he talks about the most. She has also signposted me to a lot of things."

Parent carer, October 2025

Using different engagement tools

We aim to create an environment in which young carers feel comfortable sharing their experiences with us. When attending young carer groups, events, or activities, we carefully consider the most effective ways to gather feedback from young carers. The tools we select are tailored to the age group and may include activities, questionnaires, crafts, or games. Additionally, we consult with the organiser to determine the most suitable approach for each group. The following are examples of methods we have implemented this year:

- Activities



- Story writing and reading



- Activity sheets



- Question boards



- Fidget toys



Thank you

A big thank you to everyone we have met and who has taken the time to share their experiences of being a carer with us. If you have a group you would like us to come along to and visit then please email us at info@luminus-cic.uk. We are very keen to hear from as many carers as possible from all over Surrey so we'd love to hear from you!

This report focuses on carers under the age of 18. Our Giving Carers a Voice reports can be found on our website page [Giving Carers a Voice: Reports - LUMINUS](#).



Contact us

Contact us through any of the channels below.

We'd love to hear from you:

- i** Web: luminus-cic.uk
- 📞** Telephone: 01483 301448
- 📠** Text: 07592 787 533 (SMS only)
- ✉️** Email: info@luminus-cic.uk

Our address is:

Luminus, GF21 Astolat, Coniers Way, Burpham, Guildford, Surrey, GU4 7HL

