

Contact us -



Telephone: 01752 206626

U could text us: young carer and your name to:
07792803486 (Between 9am – 5pm Mon-Fri)



Email:
enquiries@thezoneplymouth.co.uk



By post:
The Zone at Youth Enquiry Service (Plymouth)
14-16 Union Street
Derry's Cross
Plymouth
PL1 2SR

Young People sometimes don't want to talk about being a young carer because of all sorts of worries. What you say to us is confidential. * The only time we would have to tell someone outside the Zone something we know about you (even if you don't want us to) is when someone isn't safe. If this happens (unless it is an emergency) we will always talk to you first so that

- ❖ You know what is going on
- ❖ You can still help plan who we tell and when
- ❖ You still have some choices

More information about being a young carer can be found on these sites below:

www.youngcarers.net

www.youngcarer.com

Young Carers Project

at 

Do you feel that you have to do things for your family that other people your own age don't?



Are you
Doing caring tasks
Taking adult responsibilities



You could be a young carer

Who is a young carer?

Here are some things a young carer does.



Support.
Listen.
Worry.
Stop someone from feeling scared or hurting themselves.



Housework



Helping with medicines



Pay bills



Keeping someone clean and fed



Communication



Look after brothers or sisters



"We are part of a family and have feelings that need to be recognized. We can feel protective, angry, upset, hurt, worried, anxious and uncertain"

A young carer

The Young Carers Project can.....

- Meet with you somewhere safe, a place of your choice.
- Talk with you about the caring you do and how it makes other things difficult to fit in your life.
- Find out what you want sorted out.
- Give you support
- Find ways with you to tell the people you want to know about the caring that you do
- Invite you to groups and some activities.
- Help you to get services for you and for the person you care for
- Listen and talk about what you want

We won't

- Tell you what to do
- Talk about you with someone else unless you say we can
- Judge you
- Make you talk about things that you don't want to talk about

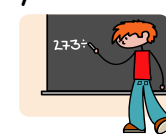
Because of the caring you may find things difficult:



Fun



Sleeping



School



Friends