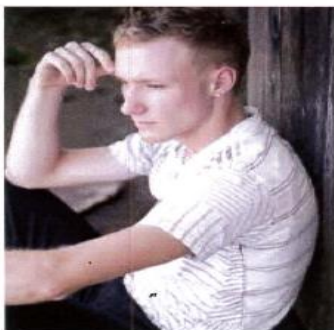## BARKING & DAGENHAM
CARERS

This project is available to Young Carers living in Barking & Dagenham and Thurrock.

BARKING & DAGENHAM
CARERS

If you would like more information on our project please write or call us at:

**The Carers Centre
334 Heathway
Dagenham
RM10 8NJ**

020 8593 4422

**carers@carerscentre.org.uk
www.carerscentre.org.uk**

Main funder:

BBC Children in Need

carerstrust action · help · advice

Find us on: facebook Carers-of-Barking-Dagenham

**Registered Charity No: 1063485
Company Limited by Guarantee (England)
No: 3180671**

YOUNG CARERS

Do you care for someone with severe Mental Health, Drug or Alcohol Problems?

Supporting Young Carers living in Thurrock and Barking & Dagenham

BARKING & DAGENHAM
CARERS

Key area's of support that can be offered:

- Are you struggling to attend school due to your caring role?

- Do you need help with a CV and support in trying to get employment?

- Would you like to access training but are finding it hard?

- Do you find it difficult to see your friends easily due to home life?

- Do you need help with health issues?

- Would you like to access counselling for yourself?

- Do you want to get out and meet other young carers?

- Do you need to understand what is going on with your family's health needs?

Did you say "Yes" to any of these questions?

Why not let us support you and empower you. Let us help you open the doors to your future.

Barking and Dagenham Carers are able to offer an intensive support plan to help you get on track.

We can advocate on your behalf to help you access the support and understanding you need to live your life.

We will also empower you to take control of the things that can be changed.

How to make a referral
Young Carers or Professionals

Call us on 020 8593 4422 we will take some information about the Young Carer(s) and a little about who they care for.

What next?

Someone will contact the Young Carer to gather some more in-depth information. We will then arrange to meet the Young Carer to make a plan of the type of support they need. This can also be done at school/college/Carers Centre or any other venue of the Young Carers' choice.

BARKING & DAGENHAM
CARERS