Safe, Sorted & Supported

A guide to help young people plan ahead

‘making sure life’s ups and downs don’t trip you up’
This is my plan for when things go wrong, or for when I am worried about someone in my house who is very unwell or who needs to go to hospital or for when I feel that no one in my house is able to look after me.

Thanks go to Hannah, Kaydee, Josh, Owen, Sadie, and Tasmin who helped with producing this booklet.
Some days the sun shines
Some days it reminds us
Of our plan
So that we understand
That when things go wrong
We can be strong

When I am worried about
The people in my house
Who are very ill
And stuck inside still
When I’m all alone
And all on my own

I know what I should do
But I need help from you

Tasmin

Top Tip!
This plan will work best if you talk it over with your parent / carer.
Why don’t you ask them to complete it with you?
These are the people that live in my house...

Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................

...and these are the pets

Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................
Name ........................................ is my ........................................
These people don’t live in my house but they are very important to me....

Name

is my

Name

is my

Name

is my

Name

is my

Name

is my

Name

is my
Things that I can do if I am worried or need advice...

Talk to an adult friend or relative who I trust. These are the people who I can talk to:

Name ............................................ 
Home tel: .................................... Mobile ....................................

Name ............................................ 
Home tel: .................................... Mobile ....................................

Name ............................................ 
Home tel: .................................... Mobile ....................................

Top Tip!

Save these numbers on your mobile phone
Talk to a member of staff at school

The name of my school is

............................................................................

The telephone number is

............................................................................

The email address is

............................................................................

These are the adults that I can speak to at school:

Name ..................................................................

Name ..................................................................

Name ..................................................................

Top Tip!
Some schools have a member of staff whose job it is to support young carers. Find out who this is in your school.
Contact an organisation that can help me

**Childline:**
You can call, email, text or join an online chat
**T:** 0800 1111   **W:** www.childline.org.uk

**YC Net Interactive:**
A national young carers website where you can join a chat room, get advice from an online support worker or ask a question by email.
**W:** www.youngcarers.net/interactive

**Gloucestershire Young Carers**
**T:** 01452 733060
**E:** mail@glosyoungcarers.org.uk
**W:** www.glosyoungcarers.org.uk
This is the story I can tell my friends about my family:

..........................................................................
..........................................................................
..........................................................................
..........................................................................
..........................................................................

Other things that I don’t want to forget or are important to me:

..........................................................................
..........................................................................
..........................................................................
..........................................................................
..........................................................................

Sometimes it can be difficult to know how much to tell your friends. Why not work out what you would like to say to them here?
If my parent is too unwell to look after me these people have said that they can help...

With getting me my breakfast

With getting me to school

With getting me home from school

With making sure that I get a main meal

With getting me to my clubs and activities
The person who will look after me if my parent ever has to go away is:

Name/s .......................................................................................................................
Address .....................................................................................................................
Home tel: ................................................................................................................
Mobile .....................................................................................................................

The person who will look after my brothers and sisters is:
Name ......................................................................................................................

The person who will make sure that my pets are looked after is:
Name ......................................................................................................................

Top Tip!
Save these numbers on your mobile phone
Five things that I can do to help myself to feel better...

e.g. Talk to my friends, listen to music, cuddle my pet, write down how I am feeling in a diary, have a long bath

1. ..........................................................................

2. ..........................................................................

3. ..........................................................................

4. ..........................................................................

5. .........................................................................
Why not make a list of what has helped in the past? Perhaps think about a time when you felt worried about someone in your family.

<table>
<thead>
<tr>
<th>What did you do?</th>
<th>How did it help?</th>
<th>who helped you?</th>
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A message for parents...

We all like to keep some information personal but it may help to reduce any worries that your child may have by sharing some things with them. Perhaps you could complete the following pages with your child.

Name of parent’s G.P: .................................................................

Surgery address: ...........................................................................

Telephone / email: ........................................................................

Name of other support workers: ....................................................

Telephone / email: ........................................................................
Things that my parent can do to help me...

Top Tip!

Make sure that you fill this section in with your parent. It may help them to know what you want and how you are feeling.

- Talk to me, try and explain about the illness or disability in our family
- Thank me when I am being helpful
- Let me know if they are having a bad day
- Let me know that it is not my fault
- Let me know how I can help
- Let me know if they need a break
- Let me know if they are going out what time they will be back
- Let me know who is helping them
- Let me know who I can go to if I ever need help

Tick all that are important to you
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