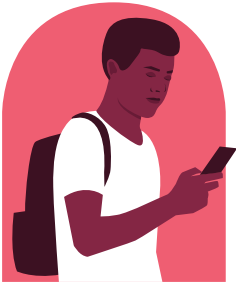


Are you a young carer? We need your help

We're building a new service to support young carers in the UK, and we'd love you to help us test/try it before we share it with more young people.

actionforchildren.uk/sidekick



What is it?

Sidekick is a confidential and anonymous SMS service for young carers aged 13-18. You may have something you're worried about, or a question about everyday life.



Simply text your question to 07888 868 059. Ask anything you like. Text as many times as you like. We'll aim respond within 24 hours, Monday - Friday.

To thank you for your help, we'll give you a £10 Amazon voucher. All you need to do is join the pilot, send your text question, and fill in our feedback form.



Will it cost me anything?

The mobile number will be free to text if you have free text included in your mobile plan, and if not, will cost the normal rate that you are charged by your mobile phone provider.