



**Herefordshire
Council**

A YOUNG CARER

Young carers have a lot of extra responsibilities, because they live with someone who is experiencing illness, disability or addiction.

**Does this describe you or someone you know?
if so please contact us**

LONELY

WORRIED

BURNT OUT

Donna Smith or Tim Williams, our early help support workers are happy to help. They will talk you through the process and make the arrangements to contact your family and set up a home visit and assessment:

Donna Smith

Phone: 01432 383074, or mobile: 07792 881 722 or email: Donna.Smith@herefordshire.gov.uk

Tim Williams

Phone: 01432 383 529 or mobile: 07792 881 512 or email: Timothy.Williams@herefordshire.gov.uk