

Do you live on your own?

Barnardo's is doing research with young people who have left care and are now living on their own in Plymouth.

This research is part of an exciting new project in Plymouth over the next 7 years. We want to make sure that 19 – 21 year olds who are care experienced are able to achieve positive things in life. We know this doesn't always happen at the moment.

This project is called Care Journeys and we like to think of it a laboratory - 7 years to work with young people and professionals to try out new ideas.

We'd like to meet with care experienced young people to understand, in their words, how they find living on their own after leaving care.

Why are we interested in 'living alone'?

We know that moving in and living on your own is hard for anyone and can be especially difficult for young people who have left care.

We also know that some young people have found ways to cope with these changes, things that have worked well for them and ideas they have about how things should be. We want to hear from you and understand your experiences so together we can come up with ways to make this much better.

What's in it for me?

To thank you for your time, we would like to offer you a voucher.

This project won't work unless we listen and work with people with real lived experiences - you, the expert. This is a chance to have your voice heard and make sure we're working on the right things.

Interested in taking part or finding out more?

If you'd like to take part, just tell the person who gave you this leaflet and they'll pass your details onto our very friendly research team.

We'll get in touch and have a quick chat with you to introduce ourselves and find out a little more about you.

If you have any questions and want to find out more, you can contact **NAME HERE**, a member of our team on:

**Whatsapp / Text / Call
NUMBER HERE**

