

A Young Carers caring role can sometimes impact on their:

- Physical health
- Mental health and wellbeing
- Personal behaviour
- School behaviour
- School attendance
- Confidence/self esteem
- Social contact/friendships
- Isolation



We know that Young Carers do not always think of themselves as carers but it is important that they are recognised and have access to the support they need.

If you or someone you know is a young carer you can make a referral to Capital Carers Young Carers Project, or if you would like more information please contact us at:

Schools:

shona@nwcarers.org.uk

Young Carer Groups and Statements -

kirsty@nwcarers.org.uk

or ruth@nwcarers.org.uk

Phone:

0131 315 3130

www.nwcarers.org.uk



Young Carers Project

Are you a young carer or do you know someone who is?



Capital Carers Young Carers Project

The Prentice Centre
1 Granton Mains Avenue
Edinburgh
EH4 4GA

What is a young carer?

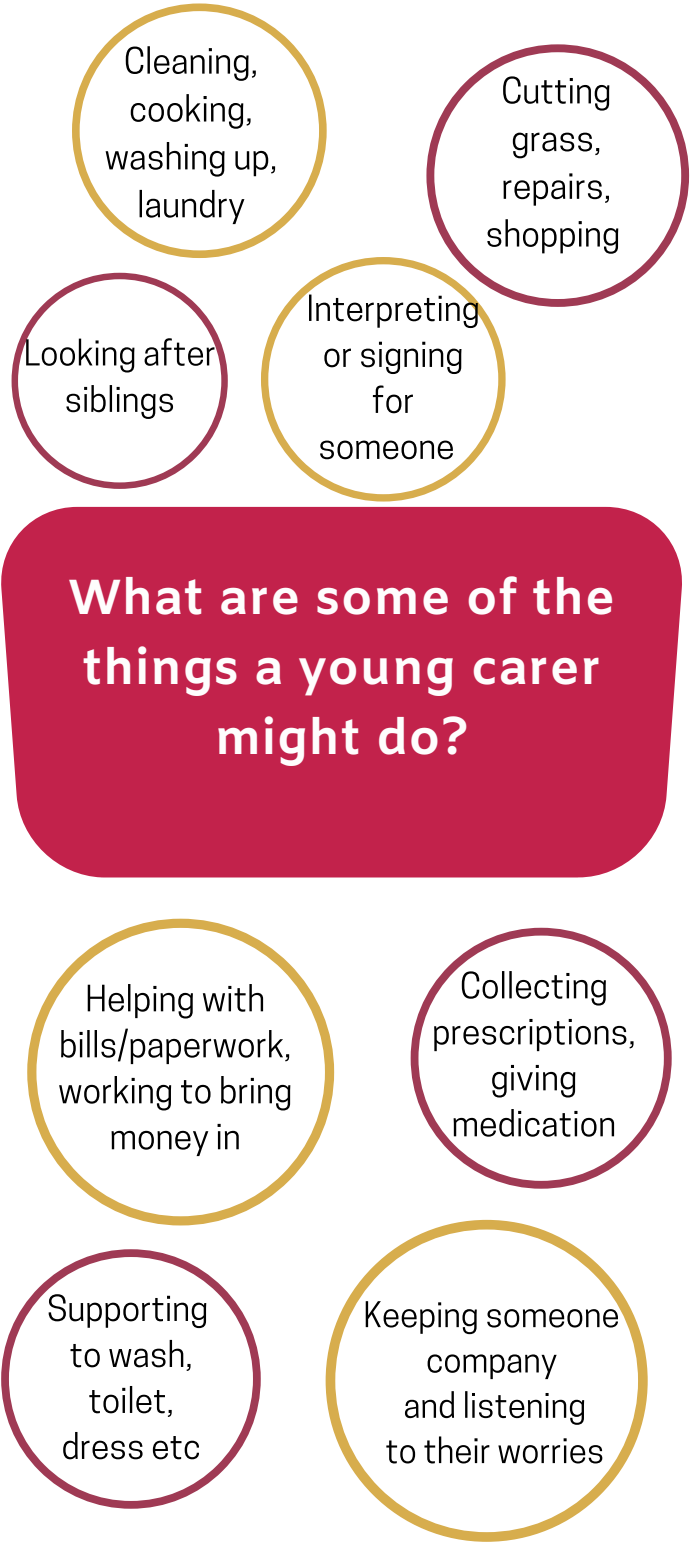
A young carer is anyone aged between 5 and 18 years who helps to care for someone who is physically or mentally ill, has a physical or learning disability, is elderly or has problems with alcohol or drugs .

1 in 10 secondary school children may be a young carer

According to the Scottish Government there are at least 44,000 young carers in Scotland

1 in 10 young carers have seen their caring role increase by 30+ hours per week during the Covid pandemic

45% of young carers report that they are struggling more with their mental health now than before the pandemic.



How We Can Help

- Weekly groups - an opportunity to meet other young carers and take part in activities and games
- Individual support - someone to talk to who will listen and provide support
- Day trips and residentials- respite from caring role and time to have fun
- Young Carer Statements
- Schools work - raising awareness in schools to help identify and support young carers with their education
- Training - help young carers learn skills to aid them in their caring role e.g. first aid, healthy cooking etc.

