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:

01313153130 www.nwcarers.org.uk

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## 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 FH4 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.

Cleaning, cooking, washing up, laundry

Cutting grass, repairs, shopping

Looking after siblings Interpreting or signing for someone

What are some of the things a young carer might do?

Helping with bills/paperwork, working to bring money in

Collecting prescriptions, giving medication

Supporting to wash, toilet, dress etc

Keeping someone company and listening to their worries

## **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 residentialsrespite 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.