

EDINBURGH
YOUNG
CARERS



Jenny Lewis- School Project Manager
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The Carers Trust estimates that there are 100,000 young carers in Scotland

Children as young as 5 are accessing counselling support to help them to cope with their caring role

In Scotland, young carers are entitled to support, information and respite. They are entitled to a Young Carers Statement

Young carers are more likely to come from a single parent household and often care for more than one person

Edinburgh Young Carers

Our mission is to make a positive difference in the lives and futures of young carers through support, information, respite and personal development and training.

- Provide support to 5 – 25 years old
- Working with **over 300** young carers per year
- Range of services, including: individual and group support, residentials and day trips, information, awareness-raising, advocacy
- Support is young person centred, determined by priority or need, and not time-limited
- Specialist Drug & Alcohol Development Workers, Therapeutic Play Project and In-House Counsellor



What does a referral to us mean?



Do you care for a brother or sister? Join us at Edinburgh Young Carers'

SIBLINGS PROJECT AUTUMN GROUP PROGRAMME

From October to December on Wednesdays or Fridays

FUN, GAMES, ACTIVITIES, HOT CHOCOLATES AND A CHANCE TO JOIN IN OUR RESEARCH PROJECT

CONTACT GARY (07595 192909) OR TRACEY (07538 192698) TO JOIN IN OR FIND OUT MORE.

EDINBURGH YOUNG CARERS' SIBLINGS PROJECT

HAPPY HEIDS CARERS'

Programme

THURSDAY 5TH NOVEMBER 2020 3.30-5.30PM
Introduction

THURSDAY 12TH NOVEMBRE 2020 3.30-5.30PM
Connecting

THURSDAY 19TH NOVEMBER 2020 3.30-5.30PM
Learning

THURSDAY 26TH NOVEMBER 2020 3.30-5.30PM
Being active

THURSDAY 3RD DECEMBER 2020 3.30-5.30PM
Noticing

THURSDAY 10TH DECEMBER 2020 3.30-5.30PM
Giving

THURSDAY 17TH DECEMBER 2020 3.30-5.30PM
Celebration

Food and drinks will be included

16+ Groups

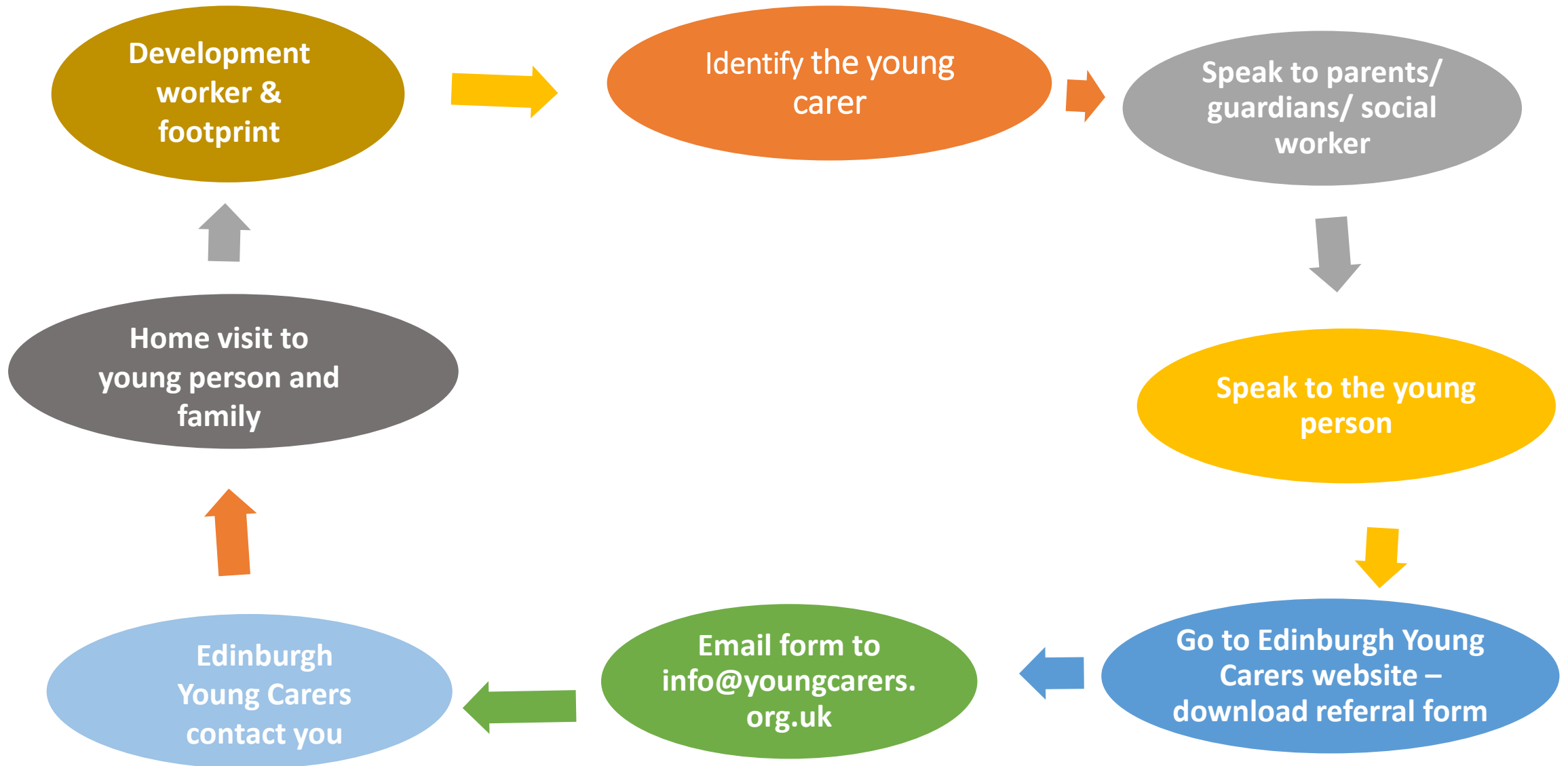
2nd July Disney Quiz	9th July C&C Mr Squiggles	16th July Room 101
23rd July Hangman & 20Qs	30th July Origami & Emoji quiz	6th Aug 'Stop the bus' 16+ edition
13th Aug Escape Room	20th Aug Uno & Read my lips	27th Aug Chair Chill & Yoga

Under 12's summer squad Summer program

- We will get in contact with you and you can sign up
- We will send you the link to join the group!
- Parents don't need to attend but need to be near by
- Each session lasts 40 minutes
- HAVE FUN



How to make a referral



How you can help....

- Ask who is providing care?
- If an adult is accompanied by a child ask what the child does at home?
- Have leaflets and posters available of supportive services
- Provide opportunities for children to ask questions
- Consider young people during hospital discharge
- Be mindful of 'hidden illness'
- Consider inappropriate caring roles- safeguarding

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