

Young Carers has helped me understand my problems and given me time out from them

Regular respite breaks give me something to look forward to

Getting a chance to make things at Young Carers helps me

Young Carers helps keep me right and I learn about things

Quotes from our Young Carers

I get support about things at home if I'm angry or upset

Young Carers helped us to do a High School Young Carers Policy so we now all know what we can expect and ask for

Getting time out to come to Young Carers when I'm stressed - It really, really helps

To find out more about Young Carers

If you think you may be a young carer or you know someone who might be and would like more information then please contact us at:

01478 613617

Skye & Lochalsh Young Carers
Victoria Cottage
Hedgefield Road
Portree
Isle of Skye IV51 9GF

skye.youngcarers@gmail.com

www.skyeyoungcarers.co.uk

[f skyelochalshyoungcarers](https://www.facebook.com/skyelochalshyoungcarers)



Skye & Lochalsh Community Care Forum SCIO
Scottish Charity Number SC027909

Support for Young Carers



Who is a young carer?

A young carer is anyone aged 5-18 years who supports or looks after someone who has:

- A physical illness or disability
- A learning disability
- Mental health problems
- A long-term condition
- A substance dependency
- A young carer looks after their mum or dad, brother or sister, or a grandparent
- They look after the person all by themselves, or they may help someone else to look after them

Many young carers don't even realise they are young carers and their caring role is sometimes not recognised by other people, like friends and teachers. It is important that you are recognised and get the support you need.

What type of things do young carers do?

- Cooking and shopping
- Cleaning and laundry
- Looking after brothers and sisters
- Collecting or giving medication
- Nursing or personal care
- Keeping someone company
- Listening to worries

Young carers say that they sometimes:

- Feel tired, stressed or lonely
- Feel frustrated, anxious and worried
- Think that they are the only one in this situation and no-one understands
- Don't know who to trust or talk to
- Find it difficult to have time with friends
- Don't have enough time to do homework
- Are not able to concentrate because of worry
- Can't attend after school clubs or trips

How can Skye & Lochalsh Young Carers help you?

- Weekly after school groups where you can meet other young carers and have a chat, a snack and do activities
- Someone to talk to who understands and will listen to you
- Opportunity for one-to-one support with a Young Carer worker
- The chance to go on trips and visit new places
- Give you information and advice about the things that are important to you
- A break from caring
- Emotional support
- Bereavement support
- Skill development training to help you feel more confident
- Support you to deal with changes in your life
- Advocacy support to help you have your say in decisions that affect you and/or your family
- Get you support in school

Sessions are weekly and last 2 hours