



# UNITY

ENTERPRISE

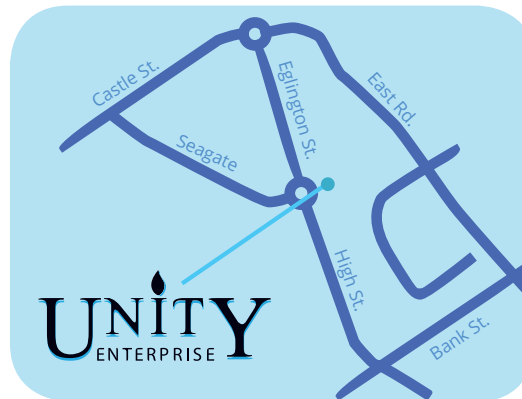
Young Carers Service  
North Ayrshire Carers Centre

174 High Street  
Irvine  
KA12 8AN  
01294 311333

[northayrshire.carers@unity-enterprise.com](mailto:northayrshire.carers@unity-enterprise.com)

[www.unity-enterprise.com](http://www.unity-enterprise.com)  
[www.carers.org](http://www.carers.org)

Opening hours:  
Monday – Friday 9am – 4pm.



Scottish Charity Number: SC20039



## Young Carers Information

for families and professionals



## Who are Young Carers?

Young Carers are young people and children who take on responsibilities at home because someone in their family suffers from an illness or disability, has been ill for a long time, experiences mental ill health or has a problem linked to alcohol or drugs.

Lots of children and young people want to help out and feel proud that they are lending a hand. At the same time the impact of these caring responsibilities may cause difficulties at home, in school/college or elsewhere.

Young Carers often feel isolated, stressed, tired, worried and sad, they may be late for school, find it difficult to complete their homework, lose out on time with family and friends and not have time to attend social activities.

Sometimes it can be difficult to recognise someone as a Young Carer—but does this sound like your family or a family you know?



## Who can refer a Young Carer to the service?

Parents, young people and professionals are all welcome to contact us.

It will be helpful to have some information on the care being undertaken and the impact of this care on the child/young person and family.

And if you are a professional making a referral on behalf of a Young Carer and their family please ensure you have consent to do so and you have talked to them about what they hope to benefit from the involvement of the Young Carers Service.

## What happens once a Young Carer has been referred to the Carers Centre?

Once we receive the referral we will contact the family and arrange a home visit or for parent/guardian and the Young Carer to visit the Carers Centre to allow our Young Carers Workers find out more about how the caring role is impacting on the Young Carer. We will then decide upon the most appropriate form of support for the Young Carer.

**UNITY**  
ENTERPRISE

## How can we help Young Carers?

Staff at the Carers Centre can help by:

- Providing information and advice
- Give young Carers a chance to talk and be heard
- Be a gateway to other services
- Provide support in group or 1:1 settings
- Offering time out for fun and relaxation
- Access to short breaks

