



UNITY ENTERPRISE

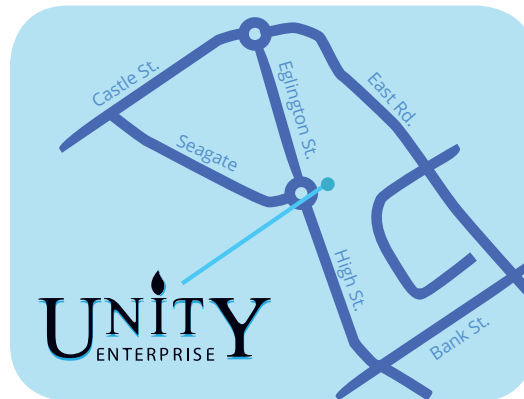
Young Carers Service
North Ayrshire Carers Centre

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www.carers.org

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



Scottish Charity Number: SC20039



North Ayrshire Young Carers

Could you use a break from juggling?



Who are young carers?

Young Carers are ordinary children and teenagers from all sorts of families and backgrounds who look after or help someone in their family who is affected by:

- Disability**
- Physical illness**
- Mental illness**
- Drug / Alcohol abuse**

What Do Young Carers Do?

They may help with...

- Housework**
- Shopping**
- Giving medication**
- Looking after brothers and sisters**
- Listening to worries**

How can this affect young carers?

Some young carers may feel...

- Stressed**
- Tired**
- Sad**
- Lonely**
- Worried**

You may also feel that:

- You miss time with your friends**
- Miss out on things at school**

If so we can offer:

- Time out & fun**
- Info and support**
- Someone to talk to**
- Advice**

And a chance to:

- Meet other young people**
- Try new activities**
- Learn new skills**
- Get help with schoolwork**
- And much, much more**

Need a Break? ..

North Ayrshire Young Carers are currently helping lots of young people aged between 8 and 25

"I wish I had more time with my friends but when I go to the Young Carers group I feel great; I have my friends and I meet new ones there too."

... we're here to support you!

The Carers Centre also provides a range of services for Adult Carers

- Benefits checks**
- Complementary therapies**
- Advice and support**

They may be able to help someone else in your household.

