

















Young Carers Service North Ayrshire Carers Centre

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Opening hours:

Monday - Friday 9am - 4pm.



Find us on: facebook.



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



### 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.

