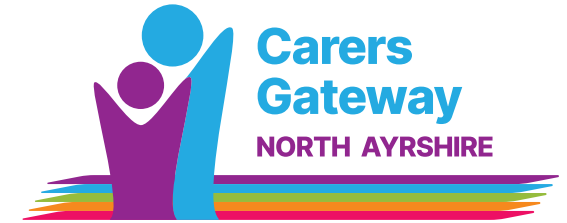
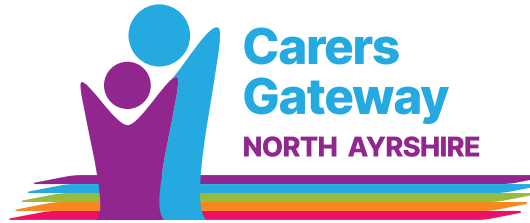


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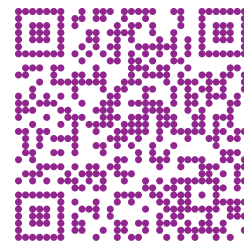


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Online Service

Get instant access to a wide range of resources & tools designed for carers like you at our online service, CarersGateway.org.uk.



Contact Us

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Carers Gateway North Ayrshire



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Scottish Charity Number: SC020039

Information for Young Carers

Taking a Break is OK: Help for Young Carers



CarersGateway.org.uk



Who Are Young & Young Adult Carers?

Young Carers (ages 5-18) and Young Adult Carers (ages 18-25) are ordinary young people from all sorts of families and backgrounds who look after or help a family member, friend, neighbour or other who is affected by:

- Disability
- Physical illness
- Mental illness - anxiety, depression, other
- Drug / Alcohol abuse
- Translation or communication difficulties

What Do Young Carers Do?

They may help with:

- Housework
- Shopping
- Giving medication
- Looking after brothers and sisters
- Listening and emotional care
- Translation or communication
- Physical care

How can this affect young carers?

Although young carers can feel proud of their caring role, some young carers may feel stressed, tired, sad, lonely or worried.

Being a young carer often means sacrificing time for social activities, hobbies, and educational opportunities due to the responsibility of providing care for a family member.

If so we can offer...

- Time out & fun
- Peer support
- Info and support
- Someone to talk to
- Advice and one to one support
- Support in school or college
- Funding and respite
- Supporting transitions in school, employment, and further education.

...and a chance to:

- Meet other young people
- Try new activities or have a break
- Learn new skills
- Have fun and much, much more

Need a Break?

North Ayrshire Young Carers are currently helping lots of young people aged between 5 and 25. We're here to support you!

"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."

Carers Gateway also provides a range of services for Adult Carers:

- Advice and Support
- Complementary Therapies
- Support Groups

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

