



Young carers may be juggling school or paid work with their caring responsibilities at home

A service for young carers in Bute & Cowal

Did you know there are approximately 300 young carers in Bute & Cowal?

We are a young carer's project supporting children & young people aged 5 to 24 years who have caring roles across Bute & Cowal.

Who is a young carer?

A young carer is someone who helps look after a person who has a condition, such as:

- Disability
- Mental health condition
- Illness
- Drug or Alcohol problem

Young carers can look after:

- Parent or step parent
- Grandparents
- Brother or sister

What do young carers do:

- Extra jobs in & around the home
- Cleaning
- Managing household finances
- Some young carers give a lot of physical help to a parent, brother, sister, grandparent who is disabled or ill
- Cooking
- Shopping
- Helping someone to get dressed or move around
- May be giving emotional support to a family member

If you are a young carer you are not alone and there are lots of other young people in similar situations

What do we do:

The project team are approachable & friendly, no one is going to make assumptions or judgments about individual situations.

We offer:

- Drop ins, After school groups
- Advocacy, School holiday activities
- Residential overnights or weekends
- One to one support where needed

Help in completing Young Carers Statements & Young Adult Support Plans

Referrals can be made by parents, young carers over 16 years, social workers, teachers, health professionals & third sector colleagues.

Please contact us to discuss or make a referral:

The project team are:

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