



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 Ill Health
- Long Term Illness
- Drug or Alcohol problem

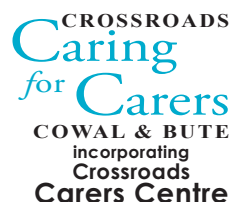
Young carers can look after:

- 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.

What we offer:

- Drop ins
- After school groups
- Advocacy
- School holiday activities
- Trips and Residentials
- One to one support where needed
- Young Carers Statements
- Adult Support Plans

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

Please call us or contact us to discuss or make a referral:

The project team are:

Mags – Young Carers Manager
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Crossroads Young Carers Cowal & Bute

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Addresses:

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