

Quotes from Young Carers:

"my little brother has autism. I think he is great but sometimes I want to have some time to myself."

"I am from a single parent family, it's just me and my dad, I am the only one who is around when dad gets depressed. If I don't stay in with him who will make sure he is ok?"

"all my friends go to great clubs on an evening but I can't go cause there is nobody there to sit with my mum, you see she does not walk and I don't like leaving her."

For more information on the Young Carers project or someone to talk to please contact:



Dumfries and Galloway Carers Centre



You can call us on: **01387 248600 Dumfries and surrounding area**



You can call us on: **01671 401152 Stranraer and Newton Stewart**



Email us at: **info@dgalcarers.org**



Visit our website at: **www.dgalcarers.co.uk**



Our postal address is: **Dumfries & Galloway Young Carers Project,
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DUMFRIES & GALLOWAY
Carers centre

Registered Name - Carers Centre for Dumfries & Galloway Limited
Registered Address - 2-6 Nith Street, Dumfries, DG1 2PW
Registered in Scotland - SC166447 Registered Scottish Charity No: SCO24103

DUMFRIES AND GALLOWAY

YOUNG CARERS PROJECT

**Do you help look after someone in your family?
Are you aged between 7-18yrs old?**



Who are Young Carers?

A Young Carer is a person aged between 7 and 18 years who has a caring responsibility for a member of their family, usually a parent, brother/sister. The family member may be affected by a long term illness, mental health problems, drug or alcohol misuse or a physical or learning disability.

What does being a Young Carer mean?

Many children and young people help their parents by keeping their room tidy, help to do the dishes and general duties around the house. However Young Carers often have to do more than this around the house to help their families. As a Young Carer you may support a family member with making meals, weekly shopping giving medication, washing, ironing etc. or helping to look after your brother or sister.

Sometimes caring for someone can affect the amount of time you have to do things for yourself. This may be homework, watching television, spending time with your friends or spending time on things you like doing. Some Young Carers might not carry out physical caring tasks but are affected emotionally by their situation.

Children and young people can experience a number of feelings and emotions when caring for someone.

Young Carers Statements

Completing a Young Carers Statement is something that all Young Carers can complete if there is a need, this will be assessed by Young Carers Support Workers.

The Young Carers Statement will enable you to express your feelings and needs, find out what impact your caring responsibility has on your life and aims to support you in your caring role.

It will ensure that your needs are taken into consideration.

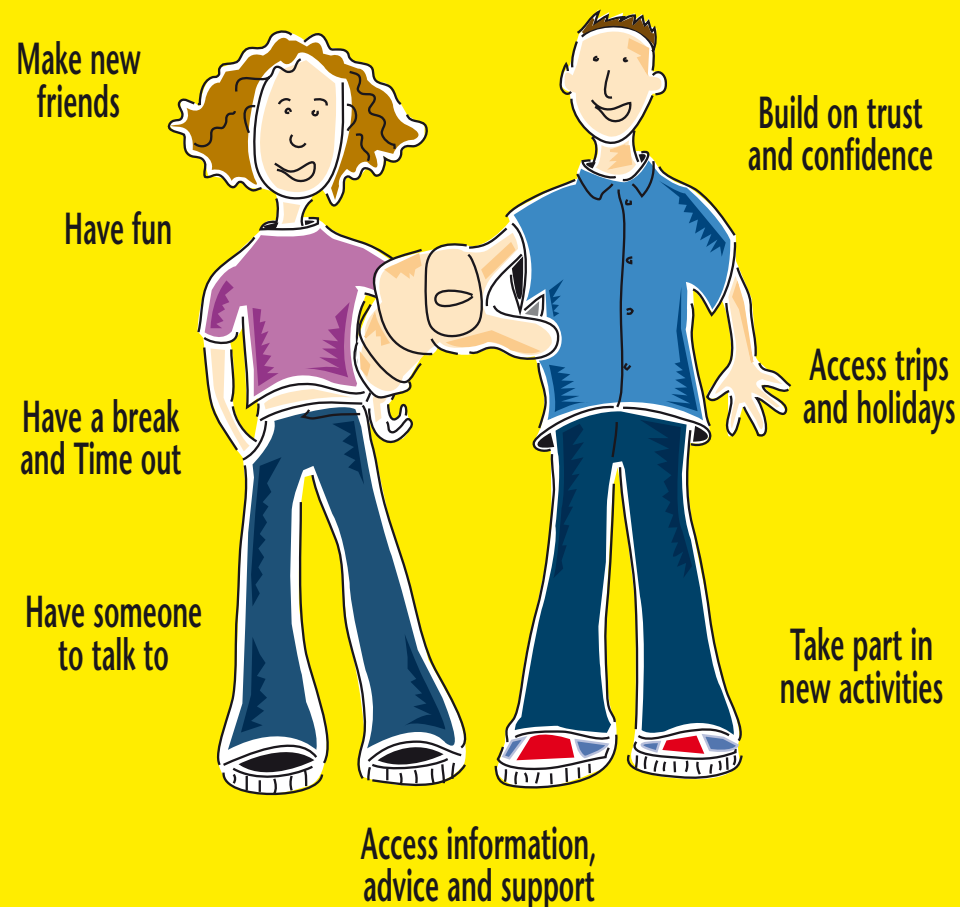
Privacy Statement

Dumfries & Galloway Young Carers Project will respect your personal data and will not share the information you provide with any other agencies unless we have your permission. If you would like a copy of our Privacy Policy we can provide you with this.

How can the Young Carers Project help?

The Young Carers Project offers children and young people the opportunity to meet with a support worker on a one to one basis and the chance to attend groups which run on a regular basis.

Attending groups allows Young Carers to:



As a Young Carer you may find it hard to tell your friends what you do at home. You may think that others will not understand, or that it will make you feel different. At groups you do not have to talk about who you care for but it is nice to know that the other children and young people understand why you go to the group and it is okay to feel a little worried, scared or nervous.