

East Renfrewshire Carers Centre

Young Carers



Who are we?

- East Renfrewshire Carers' Centre is a voluntary organisation who support Young Carers' and Carers in East Renfrewshire;
- Our main office is in Barrhead and we also have a base in Eastwood;
- Currently we have three Young Carers Information and Development Workers – Adele, Sarah and Anna
- And one Young Carers Education Worker - Kevin



What is a Young Carer?

A Young Carer is a young person aged between 8-18, who looks after or helps to look after someone at home who is affected by:

- Disability
- Illness
- Mental Health issue
- Drug / Alcohol problem



What do Young Carers do?

Young Carers may help with any of these:

- Looking after brothers/sisters or any family members;
- Giving medication;
- Shopping;
- Housework;
- Providing personal care;
- Listening to worries



Young Carers' Video Clip

- <https://www.bbc.co.uk/programmes/p06zhrqb>

What support does the Young Carers service provide?

- Information and advice;
- 1 to 1 support;
- A break from your caring role;
- Outings;
- Groupwork/Activities;
- Someone to listen to your problems



Young Carers Festival Video Clip

- <https://www.bbc.co.uk/programmes/p07k3gm7>

What is a Young Carer Statement?



- Carers (Scotland) Act 2016;
- Helps to understand about the caring tasks young carers do;
- How often young carers do these tasks;
- What effect this has on school work and overall wellbeing;
- Gives opportunity for young carers about the things they like and would like to do. For example clubs/sports;
- This helps the young carers service give the right support for each individual young carer.

Young Carer Statement Process

- If you think you are a young carer and would like a Young Carer Statement or would like to know more, you can scan the QR code that is accessible on Young Carer Statement posters or Young Carer Statement leaflets that are in and around the school.
- Answering the questions from the app will help gather further information so that young carers get the best support.
- You can also speak to someone you know well in your school or contact the East Renfrewshire Carers' Centre for more information.

Contact Information

- East Renfrewshire Carers Centre, Barrhead Resource Centre, 8 Carlibar Road, Barrhead, G78 1AA.
- Tel No: 0141 638 4888
- Email Address: enquiries@eastrenfrewshirecarers.co.uk
- Outreach base: Sandlers Cottage, Eastwood Park, Rouken Glen Road, Giffnock, G46 6UG

**ANY
QUESTIONS??**

