



### **Young Carers in South Ayrshire**

In South Ayrshire, there are between 3,000 and 5,000 children and young people who are young carers, but we only know around 1,000 of these at the moment. We have lots of opportunities and support available for young carers. If you think your child/children may be a young carer, please get in touch with school/EYC or email [carers@south-ayrshire.gov.uk](mailto:carers@south-ayrshire.gov.uk) to access the support below.

### **Who is a young carer?**

- Someone under the age of 18 who supports, or helps to support, someone who is ill, disabled, elderly, has trouble communicating, mental health issues, neurodivergent, or has issues with drugs or alcohol.
- No diagnosis is required for the cared for person.
- This can be a relative, friend or neighbour – they don't have to live in the same home.
- They can care for someone who is older or younger.
- There is no minimum caring requirement – it doesn't matter how much or how little a young carer does, they can still access support.
- They can look after more than one person.
- They may not be the primary carer – someone else (often an adult) may provide the majority of the support.
- They can have health issues of their own and can also be cared for.

### **Young carers can help support the cared for person in lots of different ways. This might include...**

- Practical tasks, like shopping, cooking, and cleaning.
- Physical care, like pushing a wheelchair or helping someone get in and out of bed.
- Emotional support, for example, talking to someone when they are having a bad day, looking out for changes in behaviour, or keeping someone company.
- Personal care, like helping someone to get washed or dressed.
- Managing budgets, household finances and paying bills.
- Helping someone communicate. This might mean translating for someone due to a language barrier, helping someone read or write due to a literacy barrier, signing for someone, or assisting with communication for a non-verbal person.
- Looking after brothers or sisters. For example, taking brothers or sisters to school or nursery, helping them dress, or taking care of them while the cared for person rests.
- Collecting prescriptions, measuring and dispensing medications.

These are just some examples...there are so many ways young carers can provide support.



**There is lots of support available for young carers in South Ayrshire.**

Teeny Carers (pre 5 years old)

- Activ8+ membership (enjoy free access for a child and an adult to General Swimming and Fun & Float sessions, Learn2 Swim, Learn2 Dive (entry criteria applies), Gymnastics & Minis programmes. Sports Camps, Crash Courses & Bounce & Play sessions run during holiday periods and can be accessed free of charge).
- Free access to Active Communities sports camps (normally £10 per day).
- Funding opportunities.
- Whole family opportunities (e.g., panto tickets, Culzean passes, residentials, day trips)
- Supported transition to primary school.
- Teeny Carer Statement (in development).

Wee Carers (primary aged)

- Activ8+ membership for age 8 and under (enjoy free access for a child and an adult to General Swimming and Fun & Float sessions, Learn2 Swim, Learn2 Dive (entry criteria applies), Gymnastics & Minis programmes. Sports Camps, Crash Courses & Bounce & Play sessions run during holiday periods and can be accessed free of charge).
- Activ8 membership for over age 8 (enjoy free access to General Swimming and Fun & Float sessions. Competent Swimmers can also attend Lane Swimming & Inflatable sessions free of charge. You can also enjoy our Learn2 Swim, Dive (entry criteria applies) & Gymnastics programmes free of charge. Sports Camps, Crash Courses & Bounce & Play sessions run during holiday periods and can be accessed free of charge).
- Free access to Active Communities sports camps (normally £10 per day).
- Funding opportunities.
- Supported transition to secondary school.
- Wee Carer Statement.
- Residentials and trips.
- Activities during the school day (e.g., Little Art School, bushcraft, Ayr United football tournament).
- Whole family opportunities (e.g., panto tickets, Culzean passes, residentials, day trips).
- Wee Carer Voice Group.
- One to one tutoring.
- Carers service for children who need more intense or expert support.

Young Carers (secondary aged)

- Activ8 membership for over age 8 (enjoy free access to General Swimming and Fun & Float sessions. Competent Swimmers can also attend Lane Swimming & Inflatable sessions free of charge. You can also enjoy our Learn2 Swim, Dive (entry criteria applies) & Gymnastics



programmes free of charge. Sports Camps, Crash Courses & Bounce & Play sessions run during holiday periods and can be accessed free of charge).

- Free access to Active Communities sports camps (normally £10 per day).
- Funding opportunities.
- Young Carer Statement.
- Residentials and trips.
- Activities during the school day (e.g., trips to Parliament, Dolphin House, training opportunities, rowing on the River Ayr).
- Whole family opportunities (e.g., panto tickets, Culzean passes, residentials, day trips).
- Young Carer Voice Group.
- One to one tutoring.
- Apply to university via Widening Access.
- Young carers can apply for Modern Apprenticeships with South Ayrshire Council via the Young Carers Guarantee.
- Young Carers can participate in the Duke of Edinburgh Awards scheme free of charge and their caring responsibilities will count as their volunteering activity. There will be additional support and flexibility offered to young carers to help them complete their award.
- We can offer accredited certification for our young carers, including Dynamic Youth Awards and Participatory Democracy Certificates.
- Young Carer Young Scot package (discounts and treats that change weekly).
- Young Carer Grant for 16, 17 and 18 year olds. c£390 paid each year. Conditions apply. We can support applications.
- Carers service for children who need more intense or expert support.

### Carers Service

Our carers service supports children and young people aged 5 and over. They can provide one to one support, group work, and advocate for young carers. They also have lots of opportunities for young carers to have a break from their caring role, like days out and residentials. They have various funding opportunities available.

Best wishes

*Claire Flanagan*

**Young Carers Lead Officer**

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