

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 worker or someone to talk to please contact:

Dumfries & Galloway Young Carers Project

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Dumfries and surrounding area

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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.

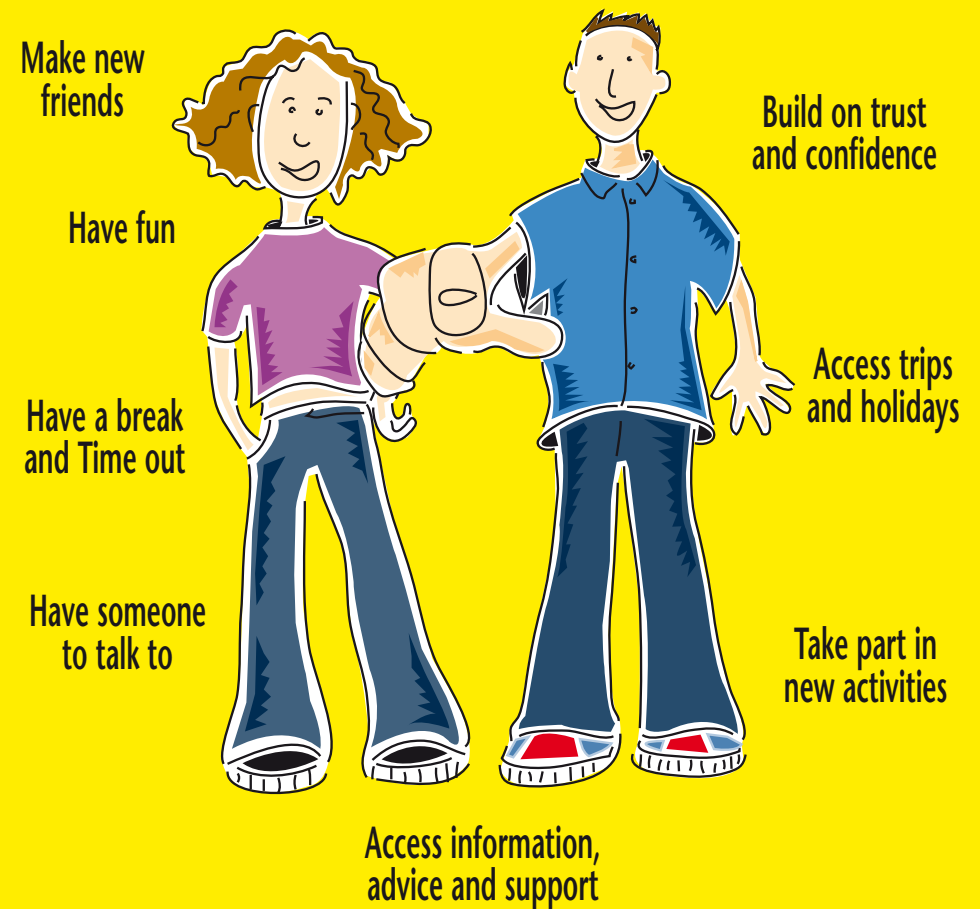
Children and young people can experience a number of feelings and emotions when caring for someone, you could feel:

Sad Guilty Scared Upset
Worried Tired Angry
Frustrated Left out
Lonely Embarrassed

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 them 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.