

'I wasn't doing so well at school; I didn't have much interest in anything. I am getting on a lot better with my school work now and I tell folk about my caring at home.'

YOUNG CARER

UPBEET has helped me gain confidence and some self-esteem as I had virtually none. Since the 1:1's I have been going out a lot more which makes me feel good with myself'

YOUNG CARER (UPBEET)

'The service provided the family with more support, offered hope to the family, encouraged family communication and reduced the parental guilt'

REFERRER

### Young Carers Project

Dundee Carers Centre

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The Young Carers Project is managed by the Dundee Carers Centre.

Scottish Charity Number SCO24115



Support for  
young carers

A young carer is someone who looks after, or helps to care for, a family member who has a disability, mental ill health, a blood borne virus or a problematic use of drugs or alcohol.

Young carers may provide hands-on caring, and/or may be affected themselves by someone in their family who needs care.

The effects of caring vary with the family and the young person. These range from additional household tasks or caring for other siblings, or may also be providing emotional support to the person they are caring for. Young people who help to care for someone may feel isolated. They may worry more compared to other people their age.

They may find they have to grow up fast and be dependable, and may not have much time for a social life themselves.

Other challenges may include poor/non attendance at school, bullying, mental health problems including self-harm and anxiety, low confidence/esteem and problems accessing services.

The Young Carers Project offers practical services and support to young carers in Dundee.

This includes:

-  Befriending (Age 5-7)
-  1:1 Support (Age 8-18)
-  Weekly/monthly groups
-  Family Support
-  Accreditation through youth award schemes
-  Short breaks from their caring role (*inc. residentials and holiday programmes*)
-  Training
-  The UPBEET project can help young adult carers aged 16-21 years access confidential information and support in areas including person development, entitlement to benefits and CV/interview skills, as well as accessing flexible opportunities to combine education, training, or employment with their caring role.

The Young Carers Project is managed by the Dundee Carers Centre and anyone engaging with the project therefore has access to the additional services which the Centre provides, including the Welfare Rights Service.

## Referrals

Referrals can be made to the project from professionals, parents/carers and young carers themselves. Contact the office or download a referral form from our website.

## Training

Sessions to professionals include staff from statutory agencies, voluntary groups, private sector staff and many student groups. The session can be tailored to meet the needs of your organisation.

## Awareness Raising

This less formal approach takes place on an on-going basis with organisations, community groups and at local events.

## Workshops in Schools

The project facilitates workshops and assemblies at schools, raising awareness with pupils and staff on young carers issues and the support the project can provide. Contact us if you would like to involve your school.