

## We are here to help

- Free confidential advice
- Information about rights and services
- Group activities and outings
- One to one support with a Young Carers Worker
- Young Carers Forum
- Young Carers Newsletter
- Raise awareness of what being a young carer is all about
- A break away from caring to talk, have fun and make friends
- Time-limited groups specifically for young carers who look after a brother or sister
- Opportunities to access Youth Achievement Awards/Duke of Edinburgh Award

## Contacting us

If you think you may be a young carer then why not get in touch with the Young Carers Workers. You can contact us by phone, letter or e-mail. You can do this yourself or you can get someone else to do it for you.

### Contact

Young Carers Workers  
Angus Carers Centre  
60 High Street  
Arbroath  
DD11 1AW

T: 01241 439157

E: [youngcarers@anguscarers.org.uk](mailto:youngcarers@anguscarers.org.uk)

W: [www.angusyoungcarers.org.uk](http://www.angusyoungcarers.org.uk)

The Young Carers Workers are based at the Angus Carers Centre in Arbroath but travel throughout Angus meeting and supporting young carers.



# Angus Young Carers

Information, advice and support  
for young carers in Angus



## Young Carers are:

Children and young people under the age of 18 who help to look after or support a member of their family due to:

- Physical or learning disability
- Mental illness
- Physical illness
- Drug or alcohol problems
- Chronically or terminally ill

The person the young carer looks after might be their mum, dad, brother, sister, grandparent or any other person close to their family. They may look after the person all by themselves or they may help someone else. Many young people don't even realise that they are a young carer.

## Young Carers may...

- Cook
- Clean
- Do shopping
- Look after brothers or sisters
- Collect or give medication
- Keep someone company
- Washing/bathing
- Listen to worries

Many young people don't even realise that they are a young carer.

Every young carer's situation is different, it is not necessarily the amount of care undertaken but the impact that it has on a young person's life...

**Sometimes...** A young carer may experience difficulties as a result of their caring situation. They might find it difficult finding time to do things that other people their age do, like homework, go out with friends or enjoy themselves. They may feel:

- Tired
- 'Different'
- Lonely
- Angry
- Frustrated
- No-one understands
- Trapped
- Confused

