A young carer is anyone under the age of 18 (or 18 if still at school) who cares for a family member or friend due to illness, disability, a mental health problem or an addiction. You may look after your mum, dad, brother, sister, grandparent or someone else close to your family. You may look after them all by yourself, or you may be helped by others in your family.

**What is the Grant?**

The grant can help you to look after your health & wellbeing, and let you take time out to enjoy activities, hobbies and to spend time with friends.

The Grant is a one-off purchase that does not need to be paid back. You can decide what you want to buy with the grant, as long as it will help you to look after health & wellbeing.

**How do I apply for the Grant?**

Contact Quarriers Aberdeenshire Carer Support Service on **01467 538700** to ask for help to complete a Young Carer Statement. This will help us to know if you can apply for the Grant or if you would benefit more from an individual budget for ongoing support.

A Family Wellbeing Worker from Quarriers will help you fill in the Grant application form.