About Quarriers

Quarriers is a Scottish charity providing practical support and care for children, adults and families at any stage in their lives.

We challenge inequality of opportunity and choice to bring about positive change in people’s lives.

Getting in touch

Quarriers Carer Support Service (Moray)
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What is a young carer?
A young carer is someone between the ages of 8 and 17 who provides unpaid care and/or support for a family member who has a disability, illness, drug, alcohol or mental health problem.

• At the 2011 census, there were an estimated 281 young carers under 16 in Moray.

My mum has depression and I really worry about her. I try and cheer her up when she is unhappy and I help with jobs in the house.

• It is a recognised fact that young carers often struggle at school as a result of their increased responsibility and often don’t want anyone to know why.

My mum and dad drink a lot. I help get my wee brother out to school every morning and do lots of tidying up. I worry a lot about other people knowing.

Do you ever feel like this?

I just want to be able to do things with my friends.

I never get any time to myself.

I know my brother has autism but he does my head in. I don’t know what to do.

I haven’t done my homework because I was so tired.

I worry about going home, what I might find there and how I’ll cope.

Do you wish there was someone you could talk to?
Do you feel a bit overwhelmed and wish someone could help you?

How we can help
You and your Family Wellbeing Worker together will come up with a plan that makes sure you get the help and support you need.

Your support plan will help us reduce your caring role so you can focus on you.

Young carer learning opportunities will give you skills and confidence to cope with a caring role.

Information will give you greater understanding and help you feel less confused.

Organised activities will give you a chance to meet up with other carers and make new friends.

Your Wellbeing Worker will be able to speak to professionals like your teachers and explain your situation.

We can even sit down with your whole family to make sure that everyone knows how to make things easier.