Contact us
If you require further information or support regarding Young Carers please contact your local carers service.

Glasgow North West Carers Team
Social Work Services/NHS HSCP
35 Church Street
Partick
Glasgow G11 5JT
Phone 0141 954 1010
Fax 0141 276 1067
Email carersnwproject@sw.glasgow.gov.uk

Glasgow South Carers Team
Social Work Services/NHS HSCP
130 Langton Road
Pollok
Glasgow G53 5DP
Phone 0141 276 2904
Fax 0141 276 2914
Email carerssouthsupport@sw.glasgow.gov.uk

Glasgow North East Carers Team
Social Work Services/NHS HSCP
30 Adamswell Street
Glasgow G21 4DD
Phone 0141 276 4710
Fax 0141 276 4790
Email carersnorthsupport@sw.glasgow.gov.uk

Carers Information Line 0141 353 6504
Email info@glasgowcarersinformation.org.uk

Glasgow North West Carers Centre
Quarriers Glasgow Regional Office
252 Keppochhill Road
Glasgow G21 1HG
Phone 0141 331 9420
Email glasgownwcc@quarriers.org.uk

Glasgow North East Carers Centre
51 Tronda Place
Easterhouse
Glasgow G34 9AX
Phone 0141 781 0728
Email youngcarers@gneccarerscentre.com

Glasgow South West Carers Centre
Volunteer Glasgow
1479 Paisley Road West
Glasgow G52 1SY
Phone 0141 882 4712
Email pollokcarers@volunteerglasgow.org

Glasgow West Carers Centre
Volunteer Glasgow
1561 Great Western Road
Annisland
Glasgow, G13 1HN
Phone 0141 959 9871
Email westcarers@volunteerglasgow.org

Glasgow South East Carers Centre
The Dixon Community
656 Cathcart Road
Glasgow G42 8AA
Phone 0141 423 0728
Email dixon.carers@btconnect.com

If you require further information or support regarding Young Carers please contact your local carers service.
Do you know a Young Carer?

If you know a young person with a caring role that would benefit from some specialist input, there is help available to them and their families through the local Young Carers Team at Glasgow City Carers Partnership.

Glasgow City Carers Partnership can provide:
- Family Work: Taking into consideration the whole family when providing support
- A Young Carers Statement
- 1:1 support from the local Young Carer Worker
- Group Work
- Information and advice
- Training
- Emotional support
- Respite from the caring role.

To request a Young Carers Statement, you can contact your nearest Young Carers Service (addresses overleaf) or phone the Carers Information Line 0141 353 6504

“A Young Carer is a person under the age of 18 who provides or who intends to provide care for an adult or child needing care, except where the child needs care solely due to its age.”

A young carer may be doing some or all of the following:
- Helping the cared for person to wash or dress
- Helping a family member with their medication
- An excessive role and responsibility in the day to day running of the household
- Providing emotional support
- Caring for someone with a drug or alcohol addiction
- Caring for someone with a mental health illness

Contributing to the care of a family member or friend with a disability or illness can be a positive experience for a young person, but sometimes it can have a negative impact on the young persons wellbeing.

For example:
- Less time to socialise with friends, or join in groups and clubs
- Often worrying about the cared for person
- Impact on school life: difficulty meeting deadlines, difficulty concentrating, and poor attendance or often late
- Feelings of isolation and/or experiencing bullying.

With the right support and measures in place for the family, the impacts can be prevented or reduced to ensure that any young person with a caring role is able to have a childhood first and foremost.