Young Carers are children and young people who help care for and support a family member who either has a physical disability, learning disability, experiencing mental ill health, issues with substance misuse or another long term health condition. Most often young carers help to care for a parent, a brother or sister or another loved one who lives with them.
There are lots of young people throughout Highland who do some caring for a family member who might not manage without their help.

A young carer could be:
• Helping someone to wash, dress, eat and take their medicine
• Helping by doing the cooking, cleaning and shopping
• Looking after brothers and sisters if their parent is unwell
• Helping the person they care for get out and about, go to doctor’s appointments, see friends
• Listening and talking to the person they care for when they are worried or unwell

Lots of young carers are very proud of the important role they play looking after someone they love but it can also be difficult caring for someone and juggling school work, friends and time for themselves.

Who Are We?
Connecting Young Carers is a Highland wide charity working to increase awareness of young carers and the vital role they play. We help young carers to access the information, advice and help they need to support them in their caring role.

Our Objectives
Connecting Young Carers work to ensure that young carers have the same opportunities as other young people, are not placed in inappropriate caring roles and are able to fulfil their potential.

WHAT WE DO
• Advice and support for young carers, schools, professionals and those working with young people in Highland
• Events and activities – free respite breaks, events and courses for young carers
• Information for schools – awareness raising programme of events within schools
• Information for parents of young carers

“I love helping my mum look after my sister, I would do it anyway whether you called me a young carer or not.”

“My dad’s mood can be up and down. I always make sure he takes his pills but sometimes I don’t know what I’m coming home to.”

If you would like to find out more or wish to speak in confidence about a child please get in touch with a member of the team on

01463 723563 or
youngcarers@connectingcarers.org.uk

Connecting Young Carers

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