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Are you a young carer?

Do you know a child or young  
person who cares for someone?

Would you like our support?

Have a look at our website  
[www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk)

For more information  
contact us on:

01592 786717

Interested in  
volunteering with us?

**Contact**

01592 786717



Scottish Charity Number SC028201

# Fife Young Carers

Do you help  
to look after  
someone at home?



Join us for a break from  
caring and make new friends

## Are you a young carer?

Young carers look after parents, or brothers and sisters, who are ill or have a disability which affects the whole family.

Young carers may cook, clean, give medicines and do many of the things that parents normally do.

Sometimes they miss out on school and going out with friends. They take on the roles and responsibilities of adults and miss out on many childhood experiences which others take for granted.



## Join a group

### MAKE NEW FRIENDS AND GIVE YOURSELF A BREAK

We know that there are more than 4,000 young carers in Fife, so you are not alone! We run groups for young carers aged 8 to 18 all over Fife. We provide 1:1 support for young adult carers up to the age of 25.

Support workers and volunteers organise the activities at the groups and also provide individual help and support when you need it. We provide transport to groups so you don't have to worry about getting there.

### Get Help and Support

- Practical advice and information
- Emotional support
- Help getting assistance for yourself and your family when more help is needed
- Help with school, getting into further education and / or finding a job

*If there are problems, we will listen, help you identify them and help you find a solution.*

## Activities and Outings

Enjoy yourself during school holidays. We offer day activities and outings during the holidays. There are also opportunities for longer stays away on 'activity trips'.



*For further information about who we are and what we can offer, see our website - [www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk) or contact us directly using the telephone numbers overleaf.*

*You can ask your parent, teacher, guidance teacher, doctor, or social worker to get in touch with us for you.*