

## Young Carers' Rights

Edinburgh Young Carers is committed to the promotion of rights for young people.

**“Every young carer is a unique individual.”**



### All young carers have the right to:

- ◆ Make their own decisions and choices (to be a child, a carer or both).
- ◆ Be heard, listened to and believed.
- ◆ A Young Carer Statement.
- ◆ Protection from physical and psychological harm.
- ◆ Information and choice.
- ◆ Stop physically caring.

## Young Carers in Edinburgh

Recent studies estimated that there are around 5,000 young carers under the age of 18 years old in Edinburgh, many of whom remain hidden

EDINBURGH  
**YOUNG  
CARERS**

100% of parents felt that Edinburgh Young Carers improved their child's confidence and social skills

## Referral and Contact Details

A young person can refer themselves or ask another person or agency to make a referral on their behalf.

Find referral forms on our website:  
[www.youngcarers.org.uk](http://www.youngcarers.org.uk)

Edinburgh Young Carers  
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Phone: 0131 475 2322  
E-mail: [info@youngcarers.org.uk](mailto:info@youngcarers.org.uk)

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EDINBURGH  
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CARERS**

Our service makes a positive difference in the lives and futures of young carers through providing support, information, respite and personal development



*“What we’ve gained from EYC is immeasurable and I couldn’t ask for more. I’m just so grateful for everything they’ve done for us.”*

**A leaflet for young people,  
their families and  
professional agencies**

## What is a Young Carer?



A young person who provides practical or emotional support for another person, due to mental or physical ill-health or disability, long term illness or drug or alcohol misuse

## What is the impact of being a Young Carer?

### Emotional

Putting other people's needs first, being worried, anxious or stressed. Feelings of guilt, anger, being trapped, isolated and being misunderstood.

### Physical

Suffering from pains or strains from heavy lifting or helping someone to wash or dress.

### Social

Unable to meet up with friends regularly. Feeling isolated and lacking in confidence. A possible target for being bullied.

### Educational

Difficulties concentrating in class, feeling tired, worried, with no time to do homework. Regularly absent from, or late for, school

### Financial

Low family income. Not having enough money for basic needs.

## Edinburgh Young Carers

- ◆ Aims to improve the lives of young carers aged 5-25.
- ◆ Promotes and raises awareness of young carers, their needs and rights.
- ◆ Works with other organisations to help identify 'hidden' young carers.
- ◆ Provides emotional and practical support to help young carers to participate and express their own views.
- ◆ Provides opportunities for young carers to have a break from their caring situation and have fun.

## Statistics

**In the past year, EYC has:**

**Provided support to 330 young carers (target 200)**

**Delivered awareness-raising assemblies to 2,690 pupils and 325 staff in schools, and also to 230 health professionals**

**Given specialised support to 71 young people caring for a parent/guardian with an alcohol addiction**

**Successfully piloted a Counselling service to 18 young carers with 144 hours of therapy provided**

## How do we help Young Carers and their families?

### Young Carer Individual Support

One to one time with a key worker.

### Young Carer Groups

Organised activities, discussions and a chance to meet other young carers and have fun.

### Residentials and Day Trips

Time out from home for respite and a chance to try new things and enjoy themselves.

### Education

Working with young people and professionals in schools to raise awareness of, and support, young carers.

### Information and Support

Enabling young carers and their families to access other support services.

### Young Carers Forum

An opportunity for young carers to have their say and take action on what matters to them.

### Awareness Raising

Campaigning on behalf of young carers locally and nationally.

