

EDINBURGH YOUNG CARERS

A GUIDE FOR PARENTS AND GUARDIANS



YOUTH MATTERS

Joining Edinburgh Young Carers gives young people a break from their home environment with likeminded others who face the same challenges and difficulties. Young carers need 'time-out' to just be a young person and all our activities are driven by the young people.



DEDICATED SUPPORT

Every young person has a dedicated Development Worker for them. We take time to get to know each young person and provide a pathway of support to take the pressure off the caring role, listen when times get tough and provide advice and guidance for new challenges in life.

MAKE FRIENDS

Everyone is really friendly! Our activities are supported by trained youth workers who encourage all the young people to engage in the activities and be friendly and welcoming to new members.



RESIDENTIALS AND TRIPS

Our residentials are designed to be exciting, rewarding and challenging. These trips are an excellent way for the young people to bond, relax and have a proper break from caring.



TRY SOMETHING NEW

Whether it's Laser Quest, abseiling, trips to the cinema, canoeing, paddle boarding, hiking or trying amazing scientific experiments at home, Edinburgh Young Carers has an activity for everyone.



YOUNG CARERS RIGHTS

Under the Carers Act 2018, young carers have the right to help, support and a break from caring. Our friendly and supportive environment gives each young person the opportunity to be themselves and leave their worries behind.