

ARMADALE ACADEMY YOUNG CARERS GROUP

WHAT IS A YOUNG CARER?

A 'Young Carer' means a carer who is under 18 years old, or 18 years old and still at school. A 'Carer' means an individual who provides care or intends to provide care for another individual.

A Young Carer could be providing care for a variety of people in their life, this could be a parent, sibling or another family member.

The person they may care for may have:

- Physical Disability
- Alcohol or Substance Misuse
- Mental Ill Health
- Learning Disability or Additional Support Need
- Long Term Illness or Terminally Ill

CARING CAN AFFECT A YOUNG PERSON'S

Socialisation:

- Young Carers often feel different or isolated from their peers and have limited opportunities to socialise.

Emotional Wellbeing

- Stress, tiredness and mental health are all common for young carers.

Stable Environment

- Young carers can experience traumatic life changes such as bereavement, family break down, losing income and housing or seeing the effects of an illness or addiction on the person they care for.

Physical Health

Young carers are often severely affected by their caring role. They may care for someone during the night, repeatedly lifting a heavy adult, lack of sleep and poor diet

ARMADALE ACADEMY WOULD LIKE TO SUPPORT YOUNG CARERS BY:

Running a Young Carers Group In School where you will:

- Meet other Young Carers your own age who attend your school and understand how you are feeling.
- Give you a break from your caring role
- Try new activities and have fun
- Build positive relationships with other young carers
- Get support

HOW TO SIGN UP

- Please come and speak to Mrs O'Neill upstairs in the Home Economics Department or Mrs McAlear in Pupil Support Department
- You will have the opportunity to have your say on what you would like to do during the groups. For example, time to chill, games, quizzes, cooking, STEM activities, team building activities etc