

Carers of West Lothian

Young Carer Service



Are you
a young carer?

A young carer is someone under the age of 18 who helps to look after a member of their family who is ill or disabled.

Who is the Young Carer Service for?

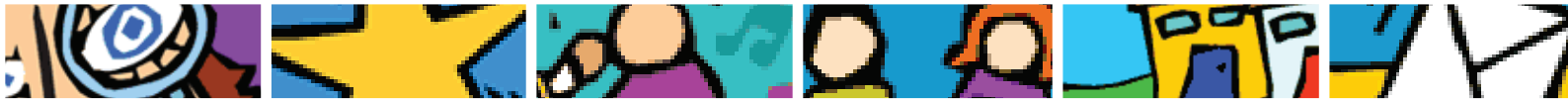


It's for young people between the ages of 8 and 18 living in West Lothian with a family member who has an illness, disability, experiencing mental health problems or is affected by alcohol and drug misuse.

“It was good for my son to realise he could leave me for a little while and nothing would happen”

“I get into trouble at school for not concentrating in class. But I am just worried about my dad at home”

The Young Carer Service can offer



Fun | Relaxation | Time out

A chance to talk and express their feelings with others in similar circumstances, and an opportunity to access other services.

And a chance to

- Try out new activities;
- Meet new friends in the same situation as you;
- Learn new skills

“Our son really enjoyed the group and always came back really excited and enthused about what they had been doing”

“Thank you, seeing my daughter at school seems to have brought her wee sparkle back. I guess being able to talk has lifted a weight off her shoulders.”

If you would like to speak to someone about being a young carer or to find out more please contact us at:

“I’m just happy we are getting help, didn’t realise how much was needed until I saw the changes in the kids.”

“The group made me realise I wasn’t alone”

Young Carer Service
Sycamore House
Quarrywood Court
LIVINGSTON, EH54 6AX
Tel No: **01506 448009**

Email: office@carers-westlothian.com
Website: www.carers-westlothian.com

National website – www.youngcarers.net



Carers of West Lothian

Carers of West Lothian,
A Company Limited by Guarantee,
Registered in Scotland No. SC226434
A Scottish Charity No. SC019628
Reprinted: March 2019



LOTTERY FUNDED



West Lothian
Council



CARER POSITIVE
Employer in Scotland