

What happens next?

If you think you are a Young Carer, know someone who is, or if you are a professional and would like to make a referral please contact:

PKAVS Carers Hub

Tel: 01738 567076

Email: carershubadmin@pkavs.org.uk

PKAVS Carers Hub offers support to:

Young Carers
Young Adult Carers
Adult Carers

Follow us:



@PKAVScarershub



@PKAVScharity



PKAVS is a charity with a big heart and a long history of giving, helping individuals and families across Perth & Kinross since 1972.

Through its 'one-stop-shop' hubs for Carers, Mental Health & Wellbeing, Minority Communities, Third Sector and Volunteering, PKAVS bring support and connections to those who need it most, whilst strengthening Perth & Kinross's voluntary sector.

It achieves this through:

- One-to-one and group support
- Information, advice, advocacy and training

To find out more about PKAVS visit:
www.pkavs.org.uk

The Gateway,
North Methven Street, Perth, PH1 5PP
Tel: 01738 567076 Email: admin@pkavs.org.uk

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a Scottish company limited by guarantee (SC086065).

TG04598



Carers Hub Young Carers



PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

www.pkavscarershub.org.uk



Who are Young Carers?

Young Carers are aged between 5-15 years old and care for a family member of any age, due to disability, mental illness, chronic/terminal illness or problems relating to substance misuse.

What Do Young Carers Do?

Young Carers are often responsible for many tasks in the home including:

- Domestic activities, *e.g. cleaning, laundry and ironing*
- Household management, *e.g. food shopping, cooking, lifting and carrying*
- Financial & practical management, *e.g. withdrawing cash and paying bills*
- Personal care, *e.g. washing, bathing and administering medication*
- Emotional care
- Sibling care



What issues do Young Carers face?

Young Carers often do not have the opportunity to be children because of their caring role.

This can result in:

- Low levels of confidence and self-esteem
- Poor educational attainment
- Social isolation and difficulty making and maintaining friendships
- High levels of guilt, stress and anxiety
- Mental and physical health issues



What can PKAVS Young Carers do for you?

PKAVS Carers Hub looks to provide increased opportunities for Young Carers to be children first, carers second. The team support Young Carers with their social, emotional and educational needs through:

Residential's and day trips

During school holidays, Young Carers have the opportunity to take time out from their caring role, meet other carers and have fun

Groups

Group nights run during term time and include arts & crafts, movie and games nights

School support

PKAVS Carers Hub has a dedicated Schools Outreach Worker who helps identify and support Young Carers in an educational setting

One-to-one support

Family support

Information, advice and advocacy

Carers assessments

“I love coming to Young Carers. I get a chance to relax and make new friends.”

