

## The Team

Kirstie Howell—Manager

Jodie Burn—Team Leader

Lindsey MacRae—Team Leader

Regan Ball—Administrator

### Development Services:

Amber Reid—Development Worker

Dawn Murray—Schools Worker

Beth Sutherland— Advocacy Worker

Lynn Morgan-Hill, Kerri Bilsborough—

Resource Workers

Elaine Renouf—Befriending Coordinator

### Support Services:

Allison Logan, Claire Simpson—

Transition Workers

Kay Templeman (NE Fife)

Rachael Ferrier (Kirkcaldy)

Charlie Bowie (Glenrothes)

Rebecca Mellon (West Fife)

Jen Miller (Levenmouth)

We also have a dedicated team of sessional workers and volunteers. If you would like to volunteer with us, please give us a call: 01592 786717

## Are you a Young Carer or know someone who is?

To receive a service from Fife Young Carers, we require a Referral Form to be sent to us.

This form can be found on our website:  
[www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk).

If you are a young person you can ask your guidance teacher, doctor/health professional or social worker to refer you.

Parents and over 12's can also self-refer.

Alternatively, if you need anymore information or guidance on referring a young person, please don't hesitate to give us a call on:

**01592 786717**

Or write to us:

**Fife Young Carers**  
**Ore Valley Business Centre**  
**93 Main Street**  
**Lochgelly**  
**KY5 9AF**



Scottish Charity No SC047519

# Fife Young Carers

## Do you look after someone at home?



**Fife Young Carers can give you support and a break from caring**



### Are you a Young Carer?

Young Carers are children and young people aged 8-25 years old who look after a parent or family member who are unwell, have a disability, mental health problem or drug and alcohol issues.

Young Carers may cook, clean, give medicines, do the shopping and take on other responsibilities that parents usually do.

Being a Young Carer can have a big impact on a Young Person's life. Going out with friends, taking part in a hobby/activity or making time to relax can be more difficult for a Young Carer as they take on added responsibilities at home.

Often a Young Carers mental and physical health are impacted because of their caring role.

## Fife Young Carers are here to help!

We are a charity who work all over Fife to help support Young Carers in the struggles they may face. We know there are over 6,000 Young Carers in Fife, so don't feel you are the only one.

We support Young Carers through a number of different activities and group support.

### Our Service provides:

- ⇒ Issue based sessions to improve health and wellbeing
- ⇒ Advice and guidance
- ⇒ Small support groups within local communities
- ⇒ 1:1 support
- ⇒ Respite breaks and activities
- ⇒ Help with school/further education and/or getting a job
- ⇒ Advocacy
- ⇒ Befriending Service
- ⇒ Information on other agencies\*.

The support given to a Young Carer will be determined through our assessment process once a referral has been received.

\*It may be decided that, after assessment, Fife Young Carers cannot offer the support you need, but we will provide you with details of other local organisations within your community who can.

## Tailored Support

We provide tailored support to Young Carers across the Kingdom, decided through our assessment process and eligibility criteria.

Fife Young Carers staff work in all areas of Fife, helping to improve the health and wellbeing of Young Carers and reduce the impact of their caring role.

Workers can offer 1:1 support, group respite, advice and guidance. They also support Young and Young Adult Carers to access opportunities and activities through occasional respite breaks. Our School Support service provides help for YC's in education. There is also a Young Carers Champion in every school in Fife.

Training and issue-based sessions are also an important part of our service, giving Young and Young Adult Carers important skills for the future to help them flourish and thrive.

