

Contact Us

If you would like more information or to  
volunteer with us please give us a call  
on: 01592 786 7171

Email : [admin@fifeyoungcarers.co.uk](mailto:admin@fifeyoungcarers.co.uk)

**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 up to 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.

