

OUR MISSION STATEMENT

"To make a positive difference to the lives of unpaid carers"

Young Carer Grant



Are you aged 16-18 years old, and help care for someone for at least 16 hours per week?



Do you live in Scotland?



Does the person(s) you help care for receive any of the following benefits:

- Daily living component of Personal Independence Payment (PIP)
- Middle or highest care rate of Disability Living Allowance (DLA)
- Child Disability Living Allowance
- Attendance Allowance
- Armed Forces Independence Payment
- Constant Attendance Allowance

Then, you may be eligible to apply for a new £300 Young Carer Grant!

To apply:



www.mygov.scot/benefits



0800 182 2222



coalition
of carers in Scotland
from recognition to rights

WHERE TO FIND US

Lomond House
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CONTACT US

Young Carers Support Workers

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: www.hlcc.org.uk



: Helensburgh and Lomond Carers SCIO



: Helensburgh Carers



: [hlccyc](https://www.instagram.com/hlccyc)



: 01436 673444 / 01436 670555



Helensburgh & Lomond
carers
SCIO

**ARE YOU
LOOKING AFTER
SOMEONE?**

WE CAN HELP!



Helensburgh & Lomond

carerstrust
Scotland
a Network Partner



A&B HSCPI Transforming
Together
Argyll & Bute Health & Social Care Partnership



Registered Scottish Charity No. SC033382. A Scottish Charitable Incorporated Organisation

OUR AIM

At the Carers Centre, we want Young Carers to have the same opportunities and life chances as their peers and friends.

Our aim is:

- To identify and support Young Carers living in Helensburgh and Lomond, and ensure they have the most appropriate support available to them.
- To address the impact of their caring responsibilities and the affect this has on the current and future life skills and opportunities of Young Carers.
- To ensure every Young Carer knows they are entitled to, and offered a Young Carers Statement.

WHO ARE YOUNG CARERS ?

Young Carers are persons between 5-16 and Young Adult Carers are between 16-24, who provide emotional and/or practical support, unpaid, for family members, friends or neighbours of any age, who:

- Is physically unwell
- Suffers with their mental health
- Has Alzheimer's/Dementia
- Has a learning/physical disability
- Is dependent on drugs or alcohol
- Is elderly or frail

They may be:

- Looking after siblings, walking them to school or putting them to bed
- Giving medication
- Shopping/housework
- Bathing/toileting
- Listening to worries
- Managing finances/collecting benefits/paying bills

WHAT WE DO

Caring for someone can feel like a huge responsibility. It is easy to be drawn into feelings of anxiety when faced with the maze of services and benefits available. We help by providing support with:

- Information and advice
- Young Carers Statements
- 1:2:1 support
- Counselling
- Home work & Study groups
- A break from caring roles
- Social activities
- Someone to listen to
- Grants
- CV writing
- College and university applications
- Employment applications