

## SECTION 2

### Supporting Young Carers

#### WHO ARE YOUNG CARERS?

Young Carers are children and young people under 18 years of age who provide care, assistance or support to another family member. They may carry out significant or substantial caring tasks, often on a regular basis. The person receiving care can be a parent, sibling, grandparent or other relative who is disabled, has a long term illness, mental ill health or a drug or alcohol dependency.

The impact of caring on the lives of young carers is often significant and can affect their education, social development and may also impact on their own health.

Young Carers Projects in Lanarkshire offer a wide range of services to support young carers and their families. For further information contact:

#### ❖ **North Lanarkshire**

Action for Children, North Lanarkshire Young Carers Project  
Town Hall Business Centre, 1-11 High Road, Motherwell ML1 3HU  
Telephone ..... 01698 258801  
Email ..... Nlyoungcarers@actionforchildren.org.uk

#### ❖ **South Lanarkshire**

South Lanarkshire Young Carers Service  
4th Floor Brandon Gate, 1 Leechlee Road, Hamilton ML3 0XB  
Telephone ..... 01698 455455/01698 455529/01698 453310  
Email ..... youngcarersservice@southlanarkshire.gov.uk

South Lanarkshire Carers Network Coordinator for Young Carers Health  
Voluntary Sector Support Centre, 155 Montrose Crescent, Hamilton ML3 6LQ  
Telephone ..... 01698 285163  
Email ..... info@slcn.co.uk

## SECTION 2

### Supporting Young Carers

#### WHO ARE YOUNG CARERS?

Young Carers are children and young people under 18 years of age who provide care, assistance or support to another family member. They may carry out significant or substantial caring tasks, often on a regular basis. The person receiving care can be a parent, sibling, grandparent or other relative who is disabled, has a long term illness, mental ill health or a drug or alcohol dependency.

The impact of caring on the lives of young carers is often significant and can affect their education, social development and may also impact on their own health.

Young Carers Projects in Lanarkshire offer a wide range of services to support young carers and their families. For further information contact:

#### ❖ **North Lanarkshire**

Action for Children, North Lanarkshire Young Carers Project  
Town Hall Business Centre, 1-11 High Road, Motherwell ML1 3HU  
Telephone ..... 01698 258801  
Email ..... Nlyoungcarers@actionforchildren.org.uk

#### ❖ **South Lanarkshire**

South Lanarkshire Young Carers Service  
4th Floor Brandon Gate, 1 Leechlee Road, Hamilton ML3 0XB  
Telephone ..... 01698 455455/01698 455529/01698 453310  
Email ..... youngcarersservice@southlanarkshire.gov.uk

South Lanarkshire Carers Network Coordinator for Young Carers Health  
Voluntary Sector Support Centre, 155 Montrose Crescent, Hamilton ML3 6LQ  
Telephone ..... 01698 285163  
Email ..... info@slcn.co.uk