

Young Carers and Young Adult Carers News



Looking back.....

We were able to provide a number of trips for young carers over the summer and we hope next year will bring the same opportunities.

A big thank you to the young carers who came out to do a collection for Carers Link and raised nearly £300!

We ran an autism awareness session on 23rd of October – this was a great success and we hope to run another one next year. It was a good way for young carers to understand a bit more about autism and what it potentially feels like to have autism.

We received funding from Cash for Kids which we used for a trip to Gravity Trampoline Park.

Our school ‘awareness raising’ sessions started back after the October break and we were able to visit Kirkintilloch High and Boclair Academy and have a chat with the new S1s.

Looking forward.....

Christmas will soon be upon us, and we’ll be running some fun Christmas activities, so a shout out to all the young carers: “Make sure you get involved!” We’ll also be in touch as usual to notify you of when your group is coming up.

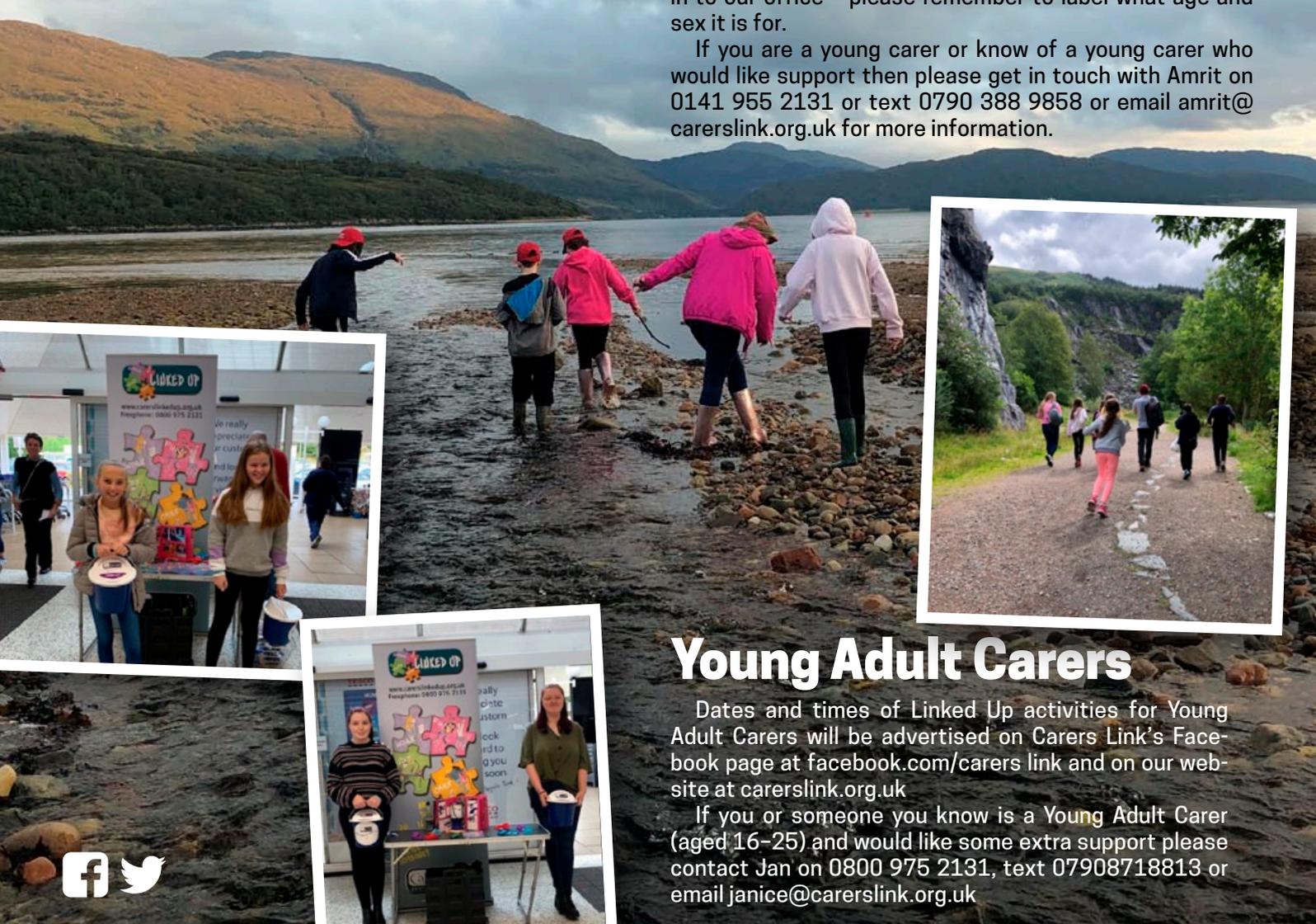
Christmas is also a time for exchanging gifts, sharing food and spending time with family. If you want to do something good this Christmas, why not donate a gift to our young carers? Being a young carer brings its own difficulties, and Christmas is a good way for us to say thank you to them.

What we are looking for:

1. Gifts for boys and girls aged 8–12 (we have equal amounts of boys and girls)
2. Preferably new or sealed gifts
3. Unisex gifts

If you would like to donate a gift this Christmas, please contact Carers Link and let us know, or you can hand a gift in to our office – please remember to label what age and sex it is for.

If you are a young carer or know of a young carer who would like support then please get in touch with Amrit on 0141 955 2131 or text 0790 388 9858 or email amrit@carerslink.org.uk for more information.



Young Adult Carers

Dates and times of Linked Up activities for Young Adult Carers will be advertised on Carers Link’s Facebook page at [facebook.com/carerslink](https://www.facebook.com/carerslink) and on our website at carerslink.org.uk

If you or someone you know is a Young Adult Carer (aged 16–25) and would like some extra support please contact Jan on 0800 975 2131, text 07908718813 or email janice@carerslink.org.uk

