

About us

Aberdeenshire Young Carers Service is part of Aberdeenshire Carers Support Service. We can help support everyone in your family when times are tough.



About Quarriers

Quarriers is a Scottish charity providing practical support and care for children, adults and families at any stage in their lives.

We challenge inequality of opportunity and choice to bring about positive change in people's lives.

Aberdeenshire Young Carers Service

Support for young Carers throughout Aberdeenshire



Getting in touch

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Quarriers is a registered Scottish Charity No. SC001960



Who are young carers?

A young Carer is someone aged under 18 years who helps to look after or support a member of their family who has a disability, illness, drug, alcohol or mental health problem.

You may look after your mum, dad, brother, sister, grandparent or someone else close to the family. You may look after them all by yourself, or you may be helped by others in your family.

Caring takes many forms and may include:

- practical things like cooking and cleaning
- helping out with younger brothers and sisters
- listening and reassuring the person when they worry
- paying bills
- giving medicine
- helping with dressing and washing
- keeping them company

You might have been caring from a long time, for as long as you can remember, or something may have happened recently and you have just become a young Carer. Whatever the situation, Aberdeenshire Young Carers Service is here to help.



How can we help?

Aberdeenshire Young Carers Service can help in many ways.

- We can work with you to reduce your caring role.
- We will listen to you if you have a problem and help you understand what is going on.
- We give you support, information and answer your questions.
- We can speak to other professionals on your behalf if you want us to.
- We can help you to meet up with your friends and take part in activities you enjoy.
- We can help you meet other young people in caring situations if you think that would be helpful.
- We can provide training to help you feel more confident in your caring role.
- We can help you explain how you feel to other family members.

Why is help needed?

Every young Carer's situation is different. We know there may be times when you are proud to be a Carer, but we also know that at times, it can be difficult.

It's not the amount of time you spend caring that may matter, it's the impact it has on your life. If you find it difficult to spend time with your friends, go to school or college and do your best, or have time to do homework and enjoy hobbies, Aberdeenshire Young Carers Service can help.

