

East Lothian Short Breaks Statement: Young Carers

East Lothian
Health & Social Care Partnership



Introduction

Carers of all ages often provide a great deal of support to the people in their lives. You may be providing care to a parent, a sibling, or relative.

The support carers provide helps the people they care for to continue to be able to live at home and to be a part of their communities.

Being able to take a break from caring is important for carers to be able to stay healthy themselves.

Breaks can help you to take time for yourself, try new activities, allow you to spend more time with your family away from caring, or to take a break away from the person you care for.

The information below will help give you an idea of the different types of breaks and services that are available within East Lothian to help you to get a break from caring.

The information in this Short Breaks Statement is for young carers.

Help to Arrange a Break

There are lots of ways to organise a break and you can get help to support you to do this.

Help from Social Work

If you are eligible, you can get help from a social worker who will assess your needs and the needs of the person you care for, to help you find a break that suits you both.

Help from East Lothian Young Carers

East Lothian Young Carers is a local carers organisation that provides information and support to young carers. They can also help you with issues at school or with homework.

East Lothian Young Carers also runs five Young Carers Clubs which offer a range of activities that allow carers to take time out from their caring role. The clubs also give young carers the chance to meet other young carers.

Young Carer Statements

East Lothian Young Carers or your social worker can also help you to complete a Young Carer Statement.

These help you to think about how you feel about all the different areas of your life, including what's going on at home, school or with your family and what support you might need.

It will also look at whether you need a break from caring and how to help you with this.

Charges for breaks

If you are assessed as needing a break by a social worker there will be no charge towards this.

If a break from caring is organised by East Lothian Young Carers, the services they provide are also free of charge.

Information for Young Carers

If you are a young carer who is caring for a sibling, parent or relative, you may want to think about using one of the breaks listed below.

Activity Breaks

Young carers can take part in activities like the ones organised by East Lothian Young Carers. Activities can take place after school and during school holidays.

East Lothian Young Carers run a range of activities including fortnightly young carers clubs and activities during the summer holidays.

They can also help you to find about other clubs available in the community and help you to find out about what activities you find interesting.

CASE STUDY - Activity Breaks

Andrew cares for his brother Calum who has autism. Andrew has very little time for himself at home. He isn't able to have friends round to play and his mother finds it difficult to take him to any after school activities because of Calum's care needs.

Andrew was referred to East Lothian Young Carers and offered a place at a young carers club. Andrew now has a regular break from caring and a group of friends he enjoys spending time with. The staff at the club also organised for Andrew to join a local Judo club and provided support to allow him to attend.

Family Moments

Caring at a young age can mean there is little time to enjoy a normal childhood. Family moments can provide young carers with the opportunity to enjoy an activity with their family.

Support can be provided to allow you to spend time with the person you care for without having to do your normal caring activities. This might include, for example, taking a trip to the cinema or going pottery painting. You can contact East Lothian Young Carers for more information on Family Moments.

CASE STUDY – Family Moments

Anna is seven years old and cares for her mother Penny. Anna and her mother spend most of their time at home because of her health problems and Anna misses being able to go out with her mother and enjoy doing things together.

Anna and Penny were supported by ELYC staff to visit the Christmas Wonderland in Edinburgh. It was something they would not have been able to do without help. They both enjoyed getting out of the house and had a fun mother and daughter day out.

Longer Breaks

Longer breaks can give young carers the opportunity to enjoy a break away with or without the person you care for.

A break without the person you care for may include staying the night at a friend's house, taking part in an activity such as Guide or Scout camp, or visiting family.

A longer break can also be used to take a break away with the person you care for. Help can be provided to organise the break and to provide care for the person you care for to allow you time off.

You can contact East Lothian Young Carers for more information on longer breaks.

CASE STUDY – Longer breaks

Carrie, who is twelve, cares for mum Alison who has mental health problems. Alison rarely leaves the house and relies on Carrie to provide a lot of help. Carrie worried about her mum when she wasn't with her and as a result often missed school.

Carrie and Alison were offered a short break to go away for a few days to visit family. They hadn't been away on holiday since Carrie was very young. They enjoyed their time away and Carrie was able to relax as there were other people to help care for her mother. Going away also helped to boost Alison's confidence and Carrie felt less worried about leaving her mum during the day.

Important Contacts

Local Organisations

Children's Services

Randall House
Macmerry Business Park
Macmerry
EH33 1RW
01875 824 309 (Contact Centre)
communityaccess@eastlothian.gov.uk
www.eastlothian.gov.uk

Carers of East Lothian

94 High Street
Musselburgh
EH21 7EA
0131 665 0135
centre@coel.org.uk
www.coel.org.uk

East Lothian Young Carers

Unit 1
Cheviot House
Mill Wynd
Haddington
EH41 4DB
01620 826558
eastLothianYC@aol.com
www.eastlothianyoungcarers.org