



Supporting Young Carers
in Sutherland
Charity Number: SC036398

Telephone: 01408 633017

E-mail: nhsh.tykes@nhs.scot
www.tykesyc.co.uk



TYKES Young Carers

TYKES Young Carers' Project was established in 1997 to provide support to Young Carers from East Sutherland. TYKES now covers the whole of Sutherland and offers respite and support to young people between the ages of 5 and 25 who have a caring role within their home. We aim to make a positive difference in the lives and wellbeing of Young Carers and their families by offering advice along with emotional and practical support. TYKES advocates for Young Carers and raises awareness of their issues by engaging with the community, statutory agencies and other organisations.

TYKES gives each Young Carer the opportunity to take a break from their caring role in a friendly and supportive environment.



TYKES Young Carers: A company limited by guarantee registered in Scotland. No: SC278918

Registered Office: Unit 9, Golspie Industrial Estate, Golspie. KW10 6RN.

Charity Number: SC036098

TYKES is supported by:



How TYKES Supports Young Carers

TYKES believes it is the right of every Young Carer to be recognised, have their voice heard and have the same life chances and opportunities as other children and young people of a similar age.

TYKES' Aims

TYKES aims to:

- Help relieve poverty and distress.
- Improve and promote health and well-being.
- Support and advance education.
- Support individual needs.
- Address educational exclusion.
- Address health and social problems.
- Provide respite opportunities.
- Assist with the transition to adulthood.
- Assess and address existing and future needs.

One-to-One Support

One-to-one sessions give a Young Carer the time and space to share any concerns they may have and to build up a trusted relationship with a Fieldworker.

Day Trips and Residentials

If their home situation allows, TYKES offers Young Carers the chance to get away for a while. These opportunities can be day trips or extended, week-long breaks which provide respite for the Young Carer to have a break from their caring role at home.

We run a programme of events through the Summer and other school holidays in order to maintain contact with and continue to support our Young Carers.

Drop-in Sessions

TYKES holds after school drop-in sessions to give Young Carers the opportunity to meet and make friends with other Young Carers. The drop-ins provide a safe, supported space in which to talk, have fun and just be a young person for a while.

We have a rota of lunchtime drop-ins to the schools in our area. These give staff a chance to have regular contact with our Young Carers and an opportunity for Young Carers to build good working relationships with staff.

Young Adult Carers and parents are invited along to monthly drop-in sessions to catch-up with TYKES' staff and share any concerns over a cuppa..

Family Support

In addition to the existing support of food parcels, parent drop-in sessions and regular contact with families, TYKES has recruited a Welfare Worker to help ensure families are accessing the financial support to which they are entitled.

Raising Awareness

TYKES raises awareness of issues faced by Young Carers to schools, health professionals and the wider community in order to build an understanding of what it means to be a Young Carer in Sutherland.



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