

ABOUT THE ROSCOMMON YOUNG CARERS

The Roscommon Young Carers Project is provided by;

The Roscommon Leader Partnership in conjunction with The Carers Association, our Young Carers Project is working with young people up to age 18yrs who are participating in caring responsibilities.

We aim to help create a network of supports for the Young Carers across the County ensuring service providers and schools understand their needs and respond appropriately.

We aim to develop a successful and innovative young carer's support group, through the provision of a high quality development and support service while promoting the underlying principles of partnership

**TO RECEIVE
MORE INFORMATION
ON**

THE ROSCOMMON YOUNG CARERS PROJECT

PLEASE CALL :
Mobile 085-802-0901
Tele; 090-66-30252

E-MAIL ;
Maureenc@ridc.ie

ALTERNATIVLY

PLEASE CALL;
Mobile 086-809-9494
Tele; 090-64-89296

E-MAIL;
carersroscommon@carersireland.com

WWW.YOUNGCARERS.IE

THE ROSCOMMON YOUNG CARERS PROJECT

This project offers monthly fun day outing to the young carers, to provide them with a break from their caring responsibilities.

The young carers take part in various activities such as Kayaking, Various Water Sports, Cinema, Horse Riding, Archery, GAA Finals, FAI Sports Days, Canadian Cannoning, Basketball, Arts/Crafts.

These activities are subject to consultation with the Roscommon young carer's group approval of yearly calendar of activities.



ARE YOU A YOUNG CARER ?

Do You ;

- Take on responsibilities at home because someone in your family has a disability, is ill for a long time, misuses drugs and alcohol, or experiences mental health problems.
- Feel you miss out on things after school and in your free time,
- because you have to help out a lot at home.
- Worry about things at home when you are at school.
- Worry might happen if you tell or talk to someone about any of these things.



THINGS YOUNG CARERS DO

- Household chores like cooking, washing and cleaning.
- Minding Parents Brothers or Sisters with a disability with Personal care - helping to dress, wash and feed someone.
- Giving medication.
- Giving emotional support and listening to someone's problems.
- Getting up to assist someone in the night. Interpreting because of language or communication issues.



WHAT WE DO FOR YOUNG CARERS

- Participate in Activity groups with other Young Carers like you.
- Supply helpful Information. Online support, chat rooms and forums.
- One to One support.
- Help to work on an emergency plan.
- Connect you with services that can help you.
- Work with your school to support you.
- Training to help to stay safe and well.

