

When do we meet and what do we do?

We meet in The Broomhouse Centre on a Monday, for 7-11 year olds and on a Wednesday for 12-18 year olds. We take a maximum of 15 young people in each group. **If required transport is provided.**

Activities are wide ranging from arts and crafts, pool, board games, home baking, with trips out to places of interest, for instance – Water of Leith Conservation Trust, Linlithgow Palace, museum, play parks out-with the area, etc. We offer issued based sessions also (for instance, dealing with anger and feelings of frustration, personal safety, basic cooking skills, personal hygiene etc).

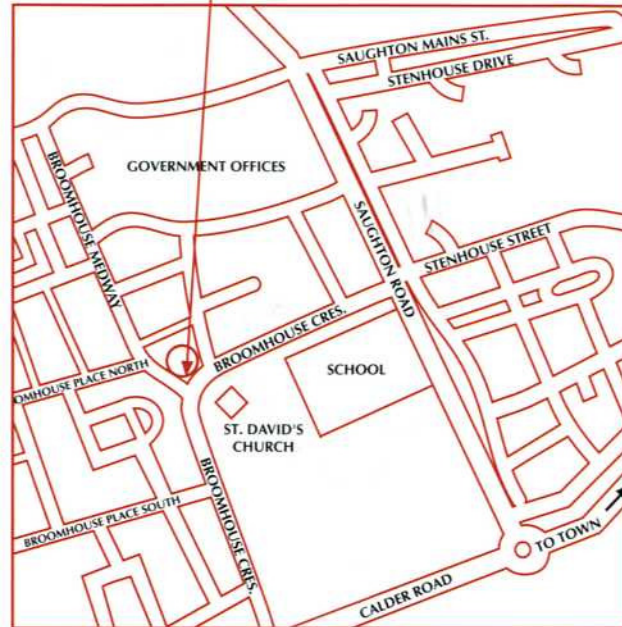
Where do I get further information?

From the Project Manager, Shelley Bowman, of the **Broomhouse Young Carers Support Project** at The Broomhouse Centre.

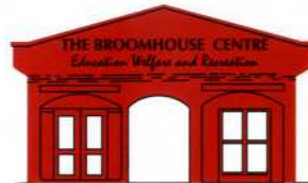


 **Lloyds TSB**
Foundation for Scotland

We are here



Bus routes from Princes Street
LRT – 3,22, 25,33, 34
Free parking nearby



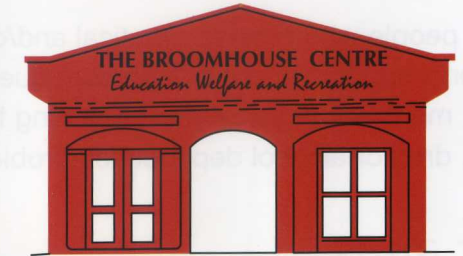
Broomhouse Young Carers Support Project

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Who are Young Carers ?

Young people who provide practical and/or emotional support to another person, due to ill health, mental or physical disability, long term illness, drug or alcohol dependency problems.

Our aims

The aims of the Project are to improve the quality of life of young carers in West Edinburgh through providing group and individual support. We also provide information and advice which should build young carers' confidence and self esteem thus enabling them to better cope at home.



Leaving a legacy to The Broomhouse Centre ensures that we can still be here in the years come.

Our Objectives

- To provide respite for young carers from their caring role.
- To provide weekly support groups for young carers from 7-11 years on a Monday evening and for 12-18 year olds on a Wednesday evening.
- To provide a varied programme of educational, issue-based and fun sessions in consultation with young carers.
- To provide information, advice and support on issues affecting young carers lives.
- To build the young carers confidence and self-esteem.
- To provide a safe and warm environment for young carers to share experiences.
- To provide the opportunity to go out on trips once every 6-8 weeks to places of cultural interest.
- To provide young carers the opportunity to decide on their own weekly programme.
- To provide peer support through the group work.
- To give the young carers an opportunity to organise and participate in an annual residential.

