



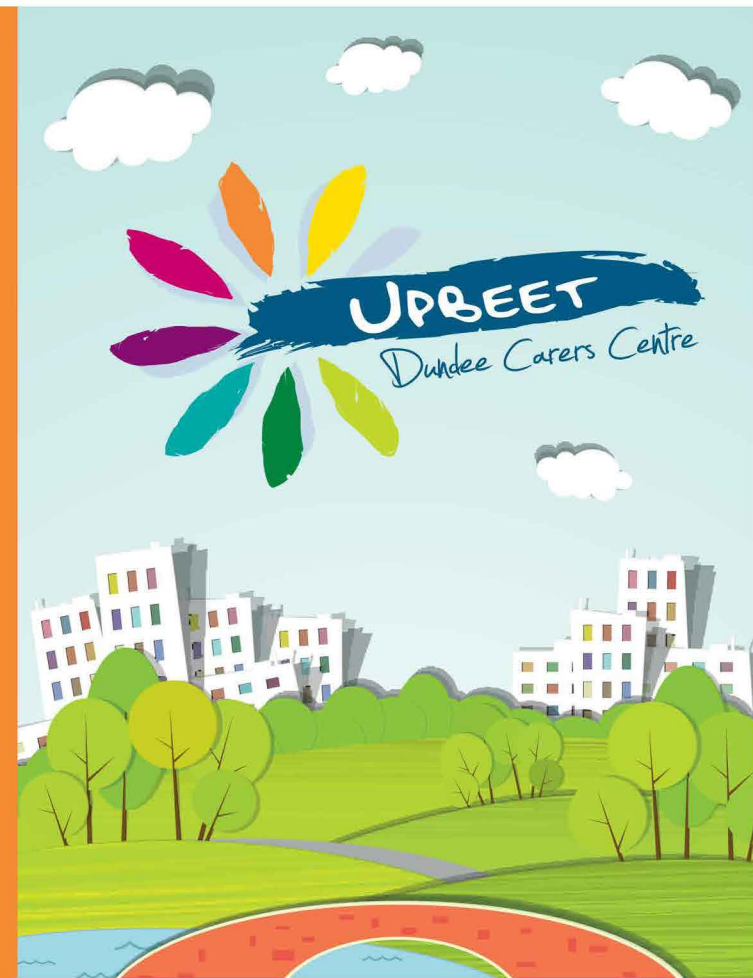
UPBEET Project
 Dundee Carers Centre
 Seagate House
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 Dundee, DD1 2HB
 Tel: 01382 200422



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The UPBEET Project is managed by the Dundee Carers Centre.
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 Company Number SC160754



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The UPBEET project can help young adult carers aged 15-30 years access confidential information and support in areas including personal development, raising confidence and self esteem, entitlement to benefits and CV/interview skills, as well as accessing flexible opportunities to combine education, training, or employment with their caring role.

This includes:

- 1:1 Support (15-30yrs)
- Short breaks from caring – groups, holiday programmes, outings, residentials
- Accreditation through youth award schemes and courses

What is a young adult carer?

Young adult carer: a young adult who has a caring role and/or is affected emotionally by a family member's long-term illness, disability, mental health or alcohol/addiction problems.

The nature of caring varies with the family and the young person. This may include practical help, household tasks and caring for other siblings, or may be providing emotional support to the person who needs care.

Young adult carers often have limited access to opportunities that others take for granted. Caring responsibilities can have a negative effect on their lives, including poor school attendance and attainment at school, in further education or in the work place. Poor social contact and negative health effects are also common and at times young adult carers can feel down or lonely.

Young adult carers can feel isolated at times and this can have an impact on their health and wellbeing.

Training and Awareness Raising

We can deliver training sessions to professionals, including education staff, statutory agencies, voluntary groups, private sector and students at college or university. Sessions can be tailored to the specific group.

Referrals

We can take referrals from the young adult carer themselves, parents and carers, or professionals. Contact us on 200422 for more information