

Who Cares For

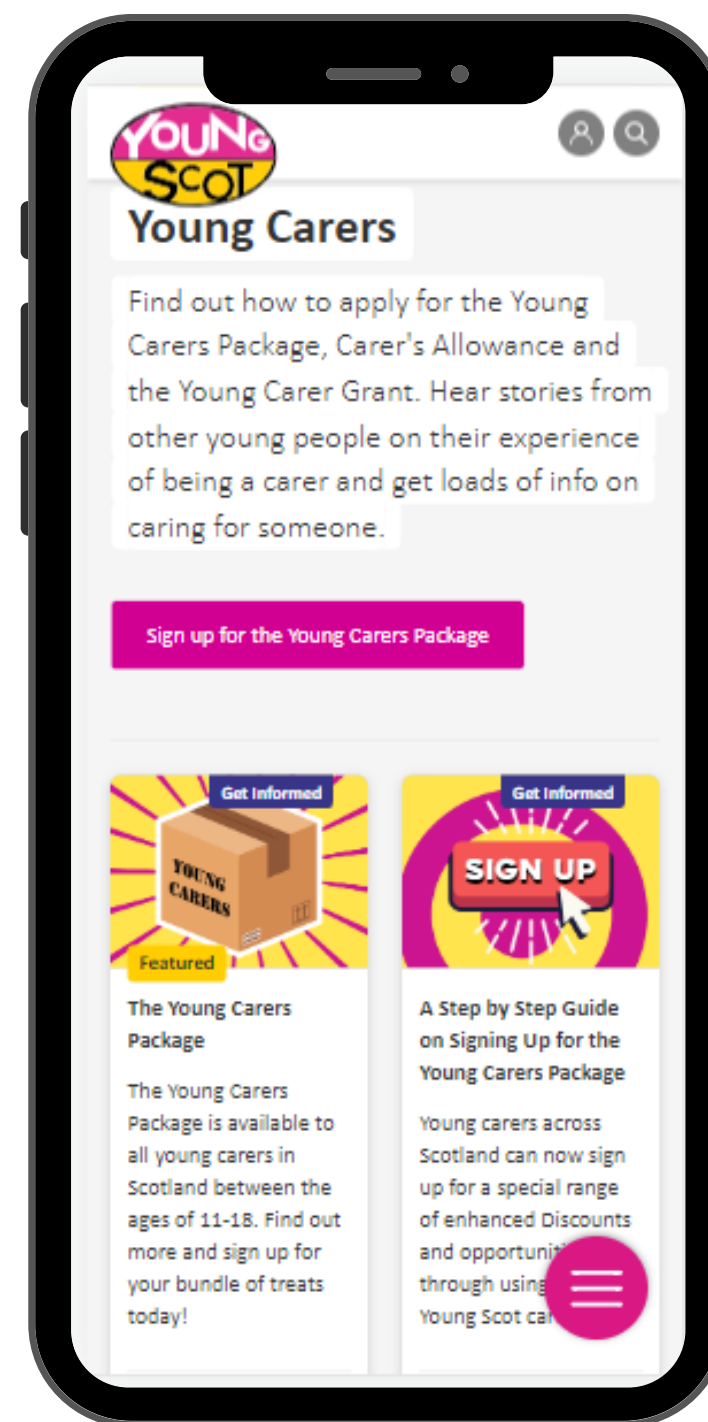
Young Carers?



Information for Young Carers

A young carer is anyone aged 11 to 18 inclusive who cares, unpaid, for a family member, friend or member of their community, regularly and on a long-term basis. They might help someone get dressed in the morning, or get their shopping each week, or they might provide emotional support. No matter how big or small your caring role is, the Young Carers Package is for you. A young carer could be anyone. All that matters is that they care regularly!

Our website has lots of information for young carers to support them in their caring role, help them understand what support they might be entitled too and hear from other young carers across Scotland.



young.scot/YoungCarers



What is the Young Carers Package?

The Young Carers Package is a special bundle of treats available to all young carers, aged 11 to 18 inclusive in Scotland. It's filled with special treats to help them make the most of their free time and support them in their caring role. Best of all, it's completely free!

The Young Carers Package is part of the Scottish Government's commitment to recognising the contributions of young carers across Scotland.

The package includes digital vouchers, access to subscriptions and exclusive opportunities. We hope that these treats will support young carers to make the most of their free time and allow them to feel supported in the caring role. Find out more about the Rewards available in the Young Carers Package at the moment on the next page!

What is in the Young Carers Package?

There are lots of treats in the package and they are updated and changed on a regular basis!

If a young carer signs up between 29th August and 25th September and their application is accepted they will receive a £10 National Book Token.

They will also be able to claim or enter to win the following Rewards in this time frame:

- Claim a Brown Paper Packages family care package with a jigsaw puzzle, crossword puzzle book, word search book, colouring book & pencils, card game and chocolate bars
- Enter to win a Sony Wireless Bluetooth Noise-Cancelling Headphones
- Enter to win a Kindle Paperwhite
- Enter to win a National Trust For Scotland Family Membership
- Enter to win an Odeon myLIMITLESS (yearly pass for cinema access, age 13+)

Plus, more treats are added all the time, so young carers should keep an eye out for new opportunities!

How to sign up for the Young Carers Package

To sign up for the Young Carers Package, if the young person is 12 - 18 they will need:

- A Young Scot Membership account - if they don't have one it only takes 5 minutes to set one up
- The name and email address of a trusted adult that would be happy to confirm that the young person provides a care role
- Around 15 minutes to complete the whole sign-up process

Unfortunately, due to data protection laws under 12s will not be able to sign up for Young Scot Membership. However, young people can still sign up by using a separate form.

Visit our website and follow our step-by-step guide



young.scot/YoungCarers

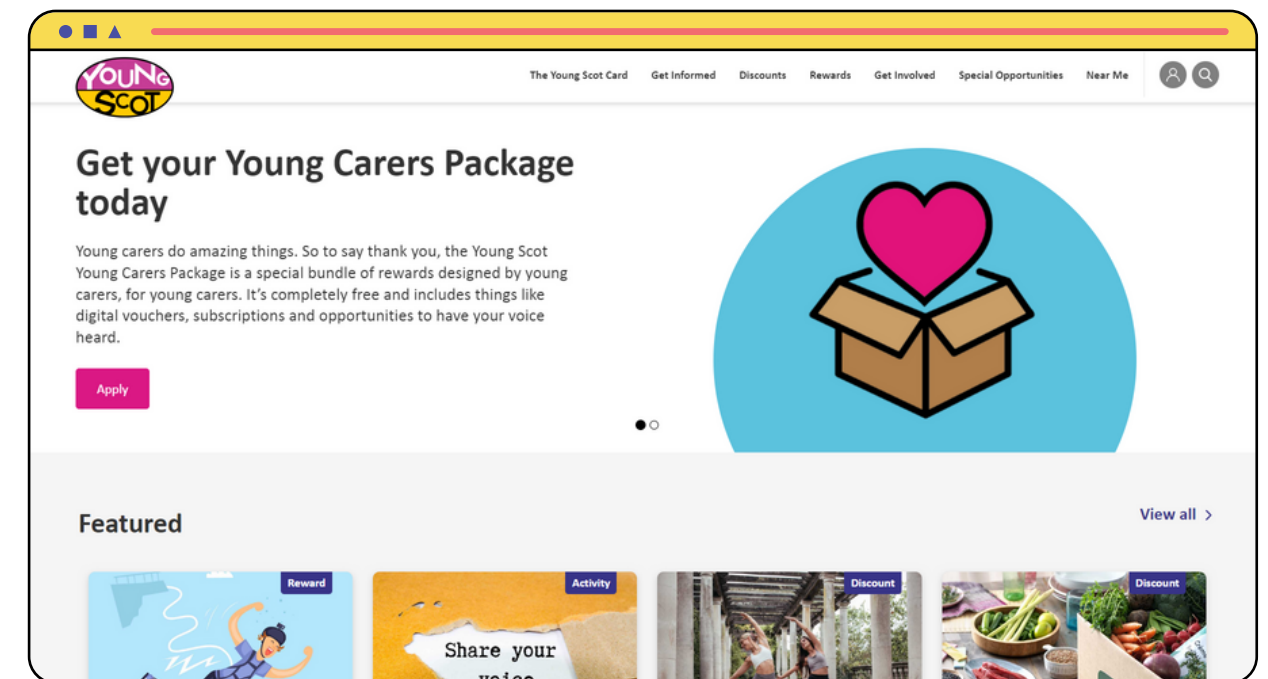


How to sign up for Young Scot Membership

Young people can become a Young Scot Member to discover additional Discounts, Rewards and opportunities available and tailored to them for free!

Find out how to sign up to be a Young Scot Member at young.scot/Membership. Young people will need a mygovscot account, if they don't have one, it will take approximately five minutes to set one up.

For a step-by-step sign up guide visit young.scot/Membership-Help



Get involved in the Young Carers campaign

Between 29th August and 25th September 2022, we will be running a campaign across our social media channels to raise awareness of the Young Carers Package and we'd love you to get involved and help us spread the word!

We have put together different assets for Facebook, Instagram, Twitter and Snapchat so you can share the message with your audiences too and ensure more young carers know about the Young Carers Package and how to access it!

Facebook

Some examples of posts you might want to share on Facebook are:

(1) Caring can look different for everyone, but could cover things like:

Picking up someone's shopping or prescriptions for them

Giving emotional support

Personal care like washing and getting dressed

Looking after siblings to help out

Sound familiar? Find out more about what young carers do daily and what support is available! ❤️

[young.scot/youngcarers](https://www.young.scot/youngcarers)

(2) A young carer is someone who is aged 11 to 18 and helps to look after someone with a disability, illness, mental health condition, or drug or alcohol addiction.

Find out more about what young carers do daily and what support is available on the @YoungScot website!
❤️

[young.scot/youngcarers](https://www.young.scot/youngcarers)



(3) Young Carers in Scotland Can Get an Exclusive Bundle of Treats!

There are lots of treats in the @YoungScot Young Carers Package and they are updated and changed on a regular basis!

Between 29th August and 25th September the Young Carer's Package will include rewards and opportunities like:

- ✓ A £10 National Book Token
- ✓ Self-care Packages
- ✓ Enter to win a Sony Wireless Bluetooth Noise-Cancelling Headphones
- ✓ Enter to win a Kindle Paperwhite
- ✓ Enter to win a National Trust For Scotland Family Membership
- ✓ Enter to win an Odeon myLIMITLESS (yearly pass for cinema access, age 13+)



Sign up and find out more about the @YoungScot Young Carers Package! <http://eepurl.com/h6900b>

(4) Get your hands on exclusive rewards and opportunities in the Young Carers Package.

Apply now! <http://eepurl.com/h6900b>

Twitter

Some examples of posts you might want to share on Twitter are:

- Caring for someone can look different for everyone, but could cover things like shopping, emotional support, personal care or looking after siblings. If you're a young carer, find out what support is available via @YoungScot at young.scot/youngcarers
- A young carer is someone who is under 18 and helps to look after someone with a disability, illness, mental health condition, or drug or alcohol addiction.

Find out more about what young carers do daily and what support is available! ♥
young.scot/youngcarers

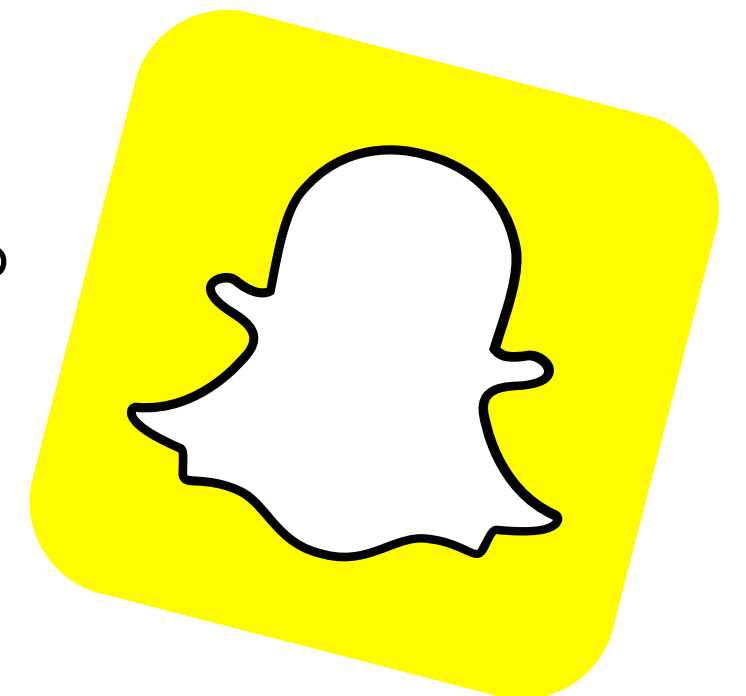
- Get your hands on exclusive rewards and opportunities in the @YoungScot Young Carers Package.

Apply now! <http://eepurl.com/h6900b>

- If you're aged 11 to 18 and provide care for someone, no matter how big or small, the @YoungScot Young Carers Package might be for you. ♥

Exclusive Rewards and Opportunities are added on a regular basis from book tokens to self-care packages.

Apply at <http://eepurl.com/h6900b>



Snapchat

You can download example posts for Snapchat from our online toolkit (labelled Stories).

Instagram

Some examples of posts you might want to share on Instagram are:

- If you're aged 11 to 18 and provide care for someone, no matter how big or small, the @YoungScot Young Carers Package might be for you.
- Follow these steps to apply for the @YoungScot Young Carers Package - an exclusive bundle of treats for young carers - which is free!

You can also download example story posts for Instagram from our online toolkit.



Assets

**Who cares for
young carers?**

Are you a young carer?
Find out more about what
young carers do and what
support is available.

[youngscot/YoungCarers](https://youngscot.net/YoungCarers) 🔍

**Who cares for
young carers?**

We do

Find out how to apply for
the Young Carers Package



**Who cares for
young carers?**

Are you a young carer?
Find out more about what
young carers do day-to-day
and what support is available.

[youngscot/YoungCarers](https://youngscot.net/YoungCarers) 🔍

Download the assets from

youngscot.net/young-carers-campaign-toolkit

More Information

For more information about this campaign, visit young.scot/YoungCarers

If you have an enquiry about the Young Carers Package, please email membership@young.scot

You can find Young Scot on the following social media channels:

- Twitter - @YoungScot
- Instagram - @YoungScot
- Facebook - fb.com/YoungScot
- TikTok - @Young.Scot
- Snapchat - @YoungScotSnaps
- YouTube - youtube.com/YSTheFeed

