**Improving Accessibility for Young Carers and Young People from Low Income Backgrounds: Links to Resources**

By Caitlin Turner

**Young Carers**

**YoungScot resources:**

* Young Carers Package (11-18 year olds in Scotland): <https://young.scot/get-informed/young-carers-package/>
* Guide to signing up for the Young Carers Package: <https://young.scot/get-informed/a-step-by-step-guide-on-signing-up-for-the-young-carers-package/>
* Information on the struggles young carers face when transitioning through different stages of life and education: <https://young.scot/get-informed/young-carers-transitions/>
* What young carers are entitled to in Scotland: <https://young.scot/get-informed/what-you-re-entitled-to-as-a-young-carer-in-scotland/>
* Information on how to apply for Carers Allowance (age 16+): <https://young.scot/get-informed/how-to-apply-for-carers-allowance/>
* Information on how to apply for the Young Carers Grant (16-18 years old): <https://young.scot/get-informed/young-carer-grant/>
* Explanation on what the Young Carer Statement is, which every young carer in Scotland is entitled to under the Carers Act 2016: <https://young.scot/get-informed/what-is-a-young-carer-statement/>
* Full webpage of the above resources and others for young carers: <https://young.scot/campaigns/young-carers/>

**Carers Trust resources:**

* Young Carers Futures programme information: <https://carers.org/young-carers-futures-hub/young-carers-futures-hub>
* To get involved in the programme, contact Daisy Falconer (Young Carers Programme Manager) via email: dfalconer@carers.org
* Young carer mental health toolkit with downloads: <https://carers.org/resources/all-resources/143-young-carer-mental-health-toolkit>
* Resource pages for specific council regions and their associated carer organisations/services for young carers in further education: <https://carers.org/resources/all-resources?topic=%2CHigher+education%2CFurther+education&p=1&carer=%2CYoung+adult+carers%2CYoung+carers>
* Resource pages on providing support to young carers and additional information: <https://carers.org/resources/all-resources?carer=%2CYoung+carers%2CYoung+adult+carers&p=1>
* Information about the Young Carers Action Day campaign: <https://carers.org/young-carers-action-day/young-carers-action-day>
* Information about the Young Carers Alliance and sign-up form should you wish to join: <https://carers.org/young-carers-alliance/young-carers-alliance>
* Information about the Young Carers Covenant and sign-up form should you wish to join: <https://carers.org/campaigning-for-change/the-young-carers-covenant>
* Main webpage on information and resources for young carers: <https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer>

**The Children’s Society resources:**

* Webpage with resources for young carers to provide advice and support on things like education, money, their rights, mental health etc: <https://www.childrenssociety.org.uk/information/young-people/young-carers>
* Webpage with resources for professionals aiming to support young carers: <https://www.childrenssociety.org.uk/information/professionals/young-carers>

**Care Information Scotland** website provides a search service to locate local carers support organisations/services in your area: <https://www.careinfoscotland.scot/>

**Carers Scotland (and Carers UK)** website provides information on where you can locate local carers services/organisations, as well as resources on carer rights, practical and financial support, guidance on delivering care etc: <https://www.carersuk.org/scotland/help-and-advice>

**Low Income Backgrounds**

* **Poverty and Income Inequality 2021-24 official statistics report** by the Scottish Government: <https://data.gov.scot/poverty/>
* **CPAG Welfare Rights** webpage giving information on what benefits payments exist for children and young people in Scotland, to provide further financial support: <https://cpag.org.uk/welfare-rights/benefits-scotland/scottish-benefits/children-young-people/payments-children-young-people>
* **YoungScot** webpage on what benefits young people may be eligible to claim and how to claim them: <https://young.scot/get-informed/what-benefits-can-i-claim-in-scotland/>
* **Youth Scotland** report on ‘Acting on Poverty’: <https://www.youthscotland.org.uk/story/acting-on-poverty/>
* **YouthLink Scotland** policy brief on Youth Work and Poverty: <https://www.youthlink.scot/wp-content/uploads/230901-FINAL-Youth-Work-and-Poverty-Brief.pdf>
* **Family Action** protect children, support young people and adults and offer direct, practical help for families across the UK: <https://family-action.org.uk/>

**Additional Initiatives to Check Out:**

* **Young Sea Changers Scotland** Youth Ocean Action Fund, now accepting applications: <https://www.youthforseas.org/action-fund>
* **2050 Climate Group** 2050x Fund: <https://www.2050.scot/2050x-fund>
* **Paul Hamlyn Foundation** Youth Fund provides funding for organisations to support 14-25 year olds: <https://www.phf.org.uk/funding/youth-fund#heading-7746>
* **Global Youth Climate Action Fund:** <https://gycaf.org/>

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