CARERS TRUST SCOTLAND

ALLIANCE
HEALTH AND SOCIAL CARE ALLIANCE SCOTLAND
people at the centre

For Young Carers

WELLBEING JOURNAL

By Young Carers



A Space for You

Getting it right for every child (GIRFEC) is Scotland's approach to ensuring that all children and young people get the right help at the right time, supporting them to reach their full potential.

GIRFEC shines a light on the important of a young person's wellbeing. The GIRFEC wellbeing indicators remind us that wellbeing is about more than one thing; it includes how we feel, the relationships we have, the support around us and having opportunities to grow and thrive.

For young carers, who often spend so much time looking after others, it is important to have space to think about yourself, too. Your feelings, hopes, goals and experiences matter. Taking a moment to pause and reflect can help you make sense of your thoughts, recognise what is important to you and think about the support you might need.

The Health and Social Care Alliance Scotland, together with Carers Trust Scotland have produced this wellness journal, designed by young carers for young carers, as a tool that belongs to you. Use it to write down your thoughts, explore your feelings, celebrate achievements, set goals or simply put into words whatever is on your mind.

We hope this journal gives you the space to check in with yourself, reflect on your wellbeing and recognise that you matter just as much as the people you care for. Because getting it right for every child is about all aspects of a child's wellbeing.




Nutured
Active
Achieving
Respected
GIRFEC
Wellbeing
Indicators
Healthy
Responsible
Safe
Included

Nutured

Having a nurturing place to live, in a family setting with additional help if needed or, where this is not possible, in a suitable care setting

Active

Having opportunities to take part in activities such as play, recreation and sport which contribute to healthy growth and development, both at home and in community

Achieving

Being supported and guided in their learning and in the development of their skills, confidence and self-esteem at home, at school and in the community

Respected

Having the opportunity, along with carers, to be heard and involved in decisions which affect them

GIRFEC
Wellbeing
Indicators

Healthy

Having the highest attainable standards of physical and mental health, access to suitable healthcare, and support in learning to make healthy and safe choices

Responsible

Having opportunities and encouragement to play active and responsible roles in their schools and communities and, where necessary, having appropriate guidance and supervision and being involved in decisions that affect them

Safe

Protected from abuse, neglect or harm at home, at school and in the community

Included

Having help overcome social, educational, physical and economic inequalities and being accepted as part of the community in which they live and learn

Here's what young carers told us what keeps them well



WELLBEING JOURNAL

Date: _____

How I am feeling

1 2 3 4 5 6 7 8 9 10

Low High

Things I'm grateful for

Something I found funny/relaxing today

Journal entry

How I cared for myself today

WELLBEING JOURNAL

Date: _____

How I am feeling

1 2 3 4 5 6 7 8 9 10

Low High

Things I'm grateful for

Something I found funny/relaxing today

Journal entry

How I cared for myself today

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Journal entry

How I cared for myself today

GOALS TO FOCUS ON

Think of something you'd like to try, improve or get better at. It could be something big or small. Write down your goals and a few steps that could help you get there.

We asked young carers, what makes you feel listened to and valued and they told us

> Sharing opinions and thoughts, spending time aware, being listened to, trips away, doing things on my own without having to worry

What makes you feels listened to and valued?

Notes

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Carers Trust Scotland

Carers Trust in Scotland works to transform the lives of unpaid carers, including young carers.

We work with local carer organisations to provide funding and support. We run creative programmes, help more people understand caring, and influence policies that affect carers. If you're a young carer in Scotland, you have the right to a Young Carer Statement under the Carers (Scotland) Act 2016.It's an opportunity to talk about what matters to you and what could make life better, in words you understand.

We hope you can use this journal to help you share your thoughts.

Your Young Carer Statement covers:

- **How caring affects your life and feelings**
- **What care you can and want to give**
- **Whether caring tasks are right for your age**
- **Plans for emergencies and in the future**
- **Your wellbeing, goals and life outside caring**
- **Whether you need a break**

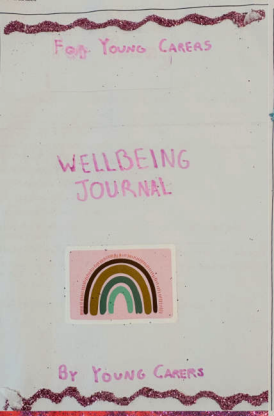
Want to know more? Ask your local council or Young Carers Service about the Young Carer Statement and the support available near you.

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector membership organisation for the health and social care sector. We bring together over 3,500 people and organisations dedicated to achieving our vision of a Scotland where everyone has a strong voice and enjoys the right to live well, with dignity and respect. Our members are essential in creating a society in which we all can thrive, and we believe that by working together, our voice is stronger.

We work to improve the wellbeing of people and communities across Scotland by supporting change in health, social care and other public services so they better meet the needs of everyone in Scotland. We do this by bringing together the expertise of people with lived experience, the third sector, and organisations across health and social care to shape better services and support positive change.

ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre


For Young Carers
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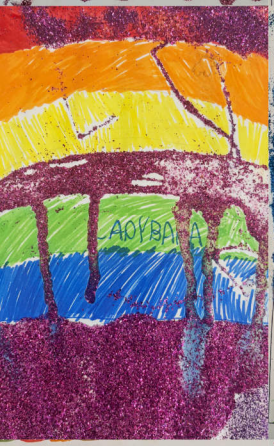
F Y C

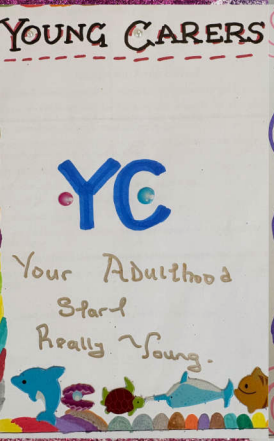

young carers

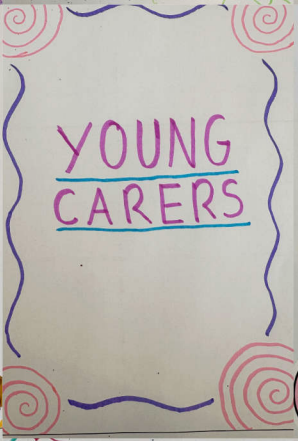



HAPPY






YOUNG CARERS
YC
Your Adulthood Start Really Young.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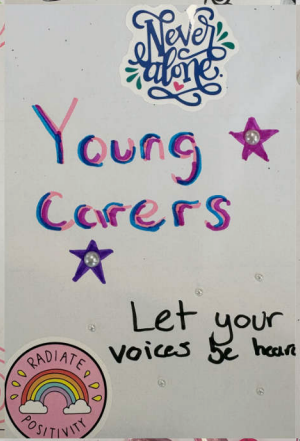
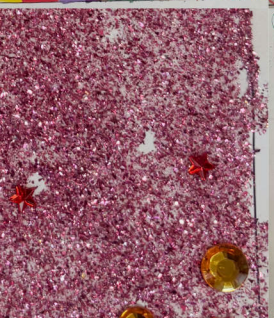
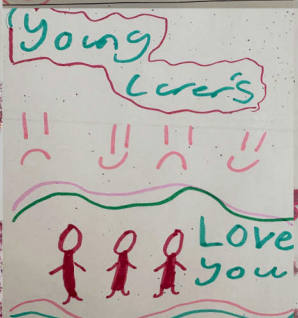
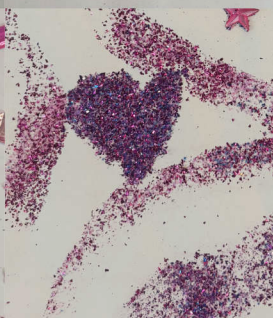

Never alone
Young Carers
Let your voices be heard
RADIATE POSITIVITY


YC
Come together




Young Lovers
Love you





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