

THE PARTNERSHIP

The Together project consortium involves 5 countries to construct a fully diverse and geographically dispersed team, combining complimentary expertise and experience.

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Project coordinator (Germany)

CARERS TRUST SCOTLAND
(Scotland)

EDRA (Greece)

EUROCARERS (Belgium)

ANZIANI E NON SOLO
(Italy)



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A **YOUNG CARER** HELPS
LOOK AFTER SOMEONE IN
THEIR **FAMILY**, OR A **FRIEND**,
WHO IS ILL, FRAIL, DISABLED OR
HAS MENTAL HEALTH OR ADDICTION
PROBLEMS.

BEING A YOUNG CARER
CAN HAVE A BIG IMPACT
ON THE THINGS THAT ARE
IMPORTANT TO
GROWING UP

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TOGETHER
a whole family approach
for young carers



www.togethereuproject.eu



ABOUT THE PROJECT

THE WHOLE FAMILY APPROACH

Together is a pan-European project which is designed to support social inclusion and engagement of young carers in Germany, Italy, Greece, Belgium and Scotland by helping **young carers** and **professionals** to adopt a whole family approach where: approach where: family members (including the cared-for person) are encouraged to communicate openly about the caring relationship.

Our ultimate goal is to have a positive impact on families in order to support young carers; reducing the negative impacts caring responsibilities can bring and improving young people's well-being, social inclusion and community engagement.

THE TOGETHER PROJECT INTENDS TO REACH THESE AIMS BY DEVELOPING, TESTING AND DISSEMINATING THREE OUTPUTS

AWARENESS RISING MATERIAL

To inform children and adults about how important and helpful it is to cooperate and be supportive with each other when there are caring responsibilities in the family

A TRAINING WORKSHOP CURRICULUM

For young carers and their families, facilitating open dialogue around the caring relationship, the impact this may be having on the young carer and how the whole family can support one another

E-LEARNING PROGRAMME

For professionals on promoting a whole family approach when supporting young carers.



ARE YOU A YOUNG CARER?

Young carers are children and young people aged under 18 who are providing significant or substantial care, assistance or support to family members who are ill, frail, disabled or have mental health or addiction problems.

Young carers undertake a wide range of caring roles and responsibilities, including emotional support, personal care, housework and household budgeting. It is important that young carers and their families communicate openly with one another to ensure that young people are supported in their caring roles.

If you feel this way and need someone to talk to you can find your local carers centre through Carers Trust website: www.carers.org, call on 0300 772 7701 or email scotland@carers.org

ARE YOU A PARENT or a PROFESSIONAL WORKING WITH YOUNG CARERS?

Do you want to know more about the whole family approach? Check out our Together webpage: <https://carers.org/our-work-in-scotland/together-project> or contact: Paul Traynor, ptraaynor@carers.org and Nicola Bell, nbell@carers.org at Carers Trust Scotland