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| **Dundee Young Carers Centre – UPBEET Project** | |
| **Specialist Support for: Jobless residents in Dundee who are young adult carers aged 15-30 years** | |
| **What are we doing and how are we doing it?** | 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 future 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 on their own.  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. |
| **Who’s Eligible?** | The UPBEET project can help young adult carers aged 15-30 years |
| **Target Audience:** | Participants must have a caring role |
| **When can we apply?** | Office hours |
| **Where will it be held?** | This service can be carried out in the carers home, local community centre, Dundee Carers Centre Seagate House, 132-134 Seagate, Dundee DD1 2HB - or any other place the carer feels comfortable to meet up. |
| **How do we refer?** | Self-referrals, professionals can telephone or email referrals to Vickie Carnegie Dundee Carers Centre, details below |
| **Contact Details** | Name: Vickie Carnegie  Tel: 01382 200422 Mob: 07770891425  Email: [Vickie.carnegie@dundeecarerscentre.org.uk](mailto:Vickie.carnegie@dundeecarerscentre.org.uk) |
| **Stages Covered** | 2,3 |
| Additional Information | |