

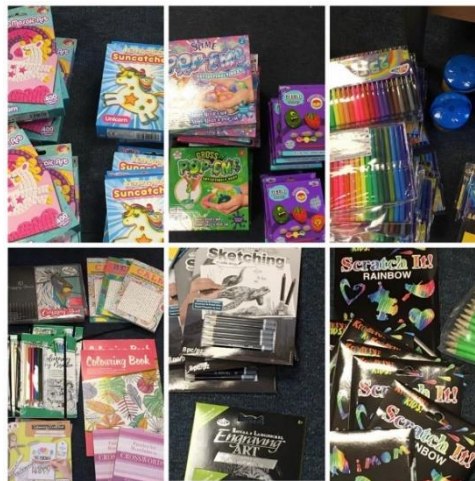
What we do:

- We offer emotional support via telephone and group support via zoom
- Since lockdown we have also been able to provide some forms of practical support such as Young Carers Packs (see below).

Thanks to **Shared Care Scotland's, Time To Live Fund** we have delivered 83 packs to our young carers. Each young carer received a bag that was specific to their needs.

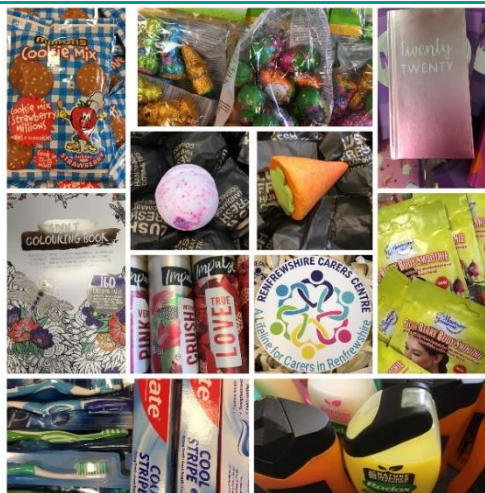
Arts and Craft Activity Packs

Includes a range of craft activities such as craft your own bird box, sand art, pens, pencils, and colouring books. So far we have issued 32 packs.



Wellbeing Packs

Includes bath bombs, sanitary products, face masks, toothbrushes and toothpaste, body spray, shower gel, stress ball, chocolate, Mindfulness May calendar and helpful leaflets. So far we have issued 26 packs.



Game Packs

Includes £20 Xbox or PlayStation Gift Cards, puzzle book, pen, pencil and stress ball. So far we have issued 25 packs.

