

Time	Speaker	Audio
00.01 – 00.03	Mikhalia	Hi I'm Mikhalia, I'm twenty years old. I care for my two brothers
00.04 – 00.06	Mikhalia	And I have been doing so for five years
00.07 – 00.15	Mikhalia	The impact it's had is that I don't actually have much of a social life, it's hard to get a full time job along with my college course
00.16 – 00.23	Mikhalia	Because I'm needed at home looking after my brothers, and sometimes when my mum gets ill it's more difficult and time consuming
00.27 – 00.35	Mikhalia	Young carers have difficulties and challenges such as communicating with other, socialising and having friends
00.36 – 00.41	Mikhalia	Because it's difficult to communicate whilst they're caring for brothers, sisters or parents
00.42 – 00.46	Mikhalia	Finding it difficult to actually get out and meet these friends
00.49 – 00.54	Mikhalia	The young carers project is a group that help young carers meet up once a month
00.55 – 00.58	Mikhalia	So that they can relate to each other and they can do different activities
00.58 – 01.07	Mikhalia	Such as sport, they can do arts and craft, they can go on residential trips up to like Skye and do outdoor activities
01.08 – 01.11	Mikhalia	Just a way for everyone to communicate and understand each other better
01.12 – 01.14	Mikhalia	It has definitely made a vast improvement to my life
01.15 – 01.20	Mikhalia	It has helped me be more confident, more experienced and knowledgeable in my life
01.21 – 01.26	Mikhalia	It's made me communicate with more people, build friendships and relationships
01.27 – 01.29	Mikhalia	And it's been a fantastic way to socialise and communicate with others

Hi I'm Mikhalia, I'm twenty years old. I care for my two brothers and I have been doing so for five years. The impact it's had is that I don't actually have much of a social life, it's hard to get a full time job along with my college course, because I'm needed at home looking after my brothers, and sometimes when my mum gets ill it's more difficult and time consuming.

Young carers have difficulties and challenges such as communicating with other, socialising and having friends, because it's difficult to communicate whilst they're caring for brothers, sisters or parents. Finding it difficult to actually get out and meet these friends

The young carer's project is a group that help young carers meet up once a month. So that they can relate to each other and they can do different activities, such as sport, they can do arts and craft, they can go on residential trips up to like Skye and do outdoor activities. Just a way for everyone to communicate and understand each other better

It has definitely made a vast improvement to my life. It has helped me be more confident, more experienced and knowledgeable in my life, it's made me communicate with more people, build friendships and relationships, and it's been a fantastic way to socialise and communicate with others