

What is Raw Energy?

The Raw Energy program is here to support Young Carers who live in the south and east metro areas of Adelaide. Raw Energy provides Young Carers with support to manage the pressures and responsibilities of their caring roles. We provide opportunities to have fun and make new friends as well as learn new skills and meet other Young Carers.

Raw Energy provides individualised and holistic support specifically for Young Carers such as:

- Social/recreational term-time and school holiday activities, retreats and camps
- 1:1 support
- Educational support, and advocacy in schools
- Skills development and workshops
- Information and referrals to relevant services

Friendship



Would you like to know more?

Should you have any questions about the Raw Energy program or the information, respite and support services offered by Carer Support, please do not hesitate to contact Raw Energy staff at the Carer Support Morphett Vale Centre..

Carer Support Morphett Vale Centre
(08) 8329 5888
241 Main South Road, Morphett Vale SA 5162

Carer Support Glandore Centre
(08) 8379 5777
770 South Road, Glandore SA 5037

Carer Support Campbelltown Centre
(08) 8206 0777
10 Newton Road, Campbelltown SA 5074

RawEnergyTeam@carersupport.org.au



[facebook.com/RawEnergyforYoungCarers](https://www.facebook.com/RawEnergyforYoungCarers)

Freecall 1800 052 222 (landline) for information and respite including emergency respite outside standard business hours.

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[carersupport.org.au](https://www.carersupport.org.au)

Supporting Young Carers.



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Who are Young Carers?

Young Carers are young people between the ages of 5 and 17 who take on a caring role and provide support for a family member who has a chronic illness, disability or long-term mental illness.

They may be the main carer in the family (or even the only carer in the family) or perhaps they are helping somebody else to do the caring.

Support

What do Young Carers do?

Young Carers undertake many responsibilities depending on their caring role.

These can include:

- Cooking meals
- Cleaning the house
- Looking after brothers and sisters
- Providing emotional support to family members
- Doing the shopping
- Taking care of financial matters e.g. paying bills
- Assisting with medication and personal care

We understand the need for Young Carers...

- To be recognised
- To receive social and peer support from other Young Carers
- To have a voice
- To have a sense of belonging
- To have somebody they can talk to
- To get time out from their caring role to have fun
- To be consulted about what help and assistance they need

Recognition

Caring

