



## Befriending Service for Young Carers in Fife



We enable young people in Fife (aged 12 to 18) who have caring responsibilities to access more opportunities and feel heard. Our fantastic volunteer befrienders provide support to help young carers improve their confidence and increase their community connections.

### Contact Us

 [youngcarers@lead.org.uk](mailto:youngcarers@lead.org.uk)

 [www.lead.org.uk](http://www.lead.org.uk)



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# Volunteer as a Befriender

Make a difference to the life of a young carer (aged 12 - 18) by offering them some "me" time away from their caring role and enabling them to access more opportunities within their community. You could do this by taking part in having a chat over a cuppa, going on a walk, or helping them try a new hobby.



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