

Young Carer Service	Face to Face	Telephone	Email	Online/Virtual
Aberdeen City	No	Yes	Yes	We will offer 1-1 sessions via Face Time, What's App Video calls, regular phone call support, regular texts and developing plans in relation to Emergency Planning.
Aberdeenshire				
Angus	No	Yes	Yes	Our weekly groups are still running however instead of the planned activities it is offering the young carers 1:1 support via phone calls or video chats which ever is more appropriate
Argyll and Bute	No	Yes	Yes	We are setting up a Facebook closed group for our young carers to facilitate chat between us and our young carers – a social media group instead of an actual group – we could schedule activities, discussions etc. We could offer a virtual group with a specified time/day and see if anyone joins us. We will continue to share meditation apps/mental health info etc to Facebook. We will also share YouTube/Pinterest/activities/crafts ideas to our Facebook page
East Ayrshire	No	Yes	Yes	Yes
North Ayrshire	No	Yes	Yes	Group chats
South Ayrshire				
Borders CHIME		Yes	Yes	Yes
Dumfries and Galloway				
East Dunbartonshire	No	Yes	Yes	Yes- social media/
Dundee	No	Yes	Yes	Yes
Edinburgh	No	Yes	Yes	Yes
Edinburgh SPACE				

Edinburgh North West	No	Yes	Yes	Yes- group chats/video sessions
Falkirk and Clackmannanshire	No	Yes	Yes	will be keeping in touch with YCs/YACs through social media, messenger groups & whatsapp.
Fife				
GAMH				
Glasgow North East	No	Yes	Yes	
Glasgow South East	No	Yes	Yes	Yes
Helensburgh and Lomond	No	Yes	Yes	Yes
Connecting Carers Highland				
TYKES Golspie				
Inverclyde Carer Centre	No	Yes	Yes	We are going to try Facebook Live etc and use is at an opportunity for anyone to ask questions, we should have had a movie night so will look into streaming a movie on Facebook etc obviously we don't know how this will work but hope to give it a try.
Inverclyde Social Work	No	Yes	Yes	
North Lanarkshire				
South Lanarkshire	No	Yes	Yes	Yes
Lanarkshire	No	Yes	Yes	Yes
East Lothian Bridges	No	Yes	Yes	Yes
Midlothian				
West Lothian	No	Yes	Yes	Instead of face to face groups and events, we are now looking at alternative ways that we can continue to connect with all unpaid

				carers and disabled adults and will keep you up to date with developments but this might include arranging virtual groups connecting people together using Zoom or Skype or using chat groups. We're trying these ideas out and have told our service users that we will let them know and invite them to participate as we get these new groups up and running.
North Argyll	No	Yes	Yes	Yes
Moray	No	Yes	Yes	Yes
Orkney	No	Yes	Yes	Yes
Perth and Kinross	No	Yes	Yes	Yes
Renfrewshire	No	Yes	Yes	Yes
Renfrewshire- East	No	Yes	Yes	Yes
Western Isles	No			
Shetland				
Skye				
West Dunbartonshire	No	Yes	Yes	Yes
Stirling	No	Yes	Yes	Yes