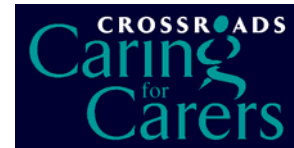


CROSSROADS YOUNG CARERS PROJECT OF HUNTINGDONSHIRE



Supported by



Who is a Young Carer?

A Young Carer is a young person whose life is affected by caring for a family member who has a disability, long term illness, mental health problem or who misuses drugs or alcohol. The really important part to remember is that a young carer may or may not be doing some hands on care but they are still affected by their situation.

We hope that through Crossroads Young Carers Project a young carer should feel more confident; less isolated, more informed of their rights and responsibilities and receive appropriate guidance and support to deal with the change and uncertainty associated with caring.

We have over 220 young carers involved with the project and all are affected in some way by their caring role. We have found them to be courageous, brave, creative, fun loving and friendly.

The project offers a wide range of services for young carers from age 8 - 19.

It runs:

Groups

Day trips

Focus days

Short projects

Residential

A Youth Council

A 1:1 service.

The project gives the young carers the chance to meet with others in similar situations, have a break from caring, some fun and a chance to talk through problems if they want to.

The Young Carers Youth Council have been working as a group for a year and a half and are currently working on a presentation that they will perform in schools to help raise awareness of young carers issues, which we hope will help staff to better understand what some young carers may face and to let other young carers know that there is support on offer to them.

A few facts:

The 2001 Census estimated that there are 175,000 young carers aged under 18 in the UK, but this is most probably an underestimation.

- Around three million children in the UK have a family member with a disability
- Around a quarter of a million young people in the UK live with a parent who is misusing a Class A drug
- 920,000 young people in the UK are children of alcoholic parents