

Do we look like we care?



Young Carers often go unnoticed

Do you need help?



We can support you

# Young Carer Support

We are here to provide respite and develop resilient young carers. We really care, and we know you do too. We want to reach out to you and offer you a helping hand.

We support children and young people who are between the ages of 5 and 18 who are helping a member of their family that may live with any of the following;

- Mental ill health
- Substance Misuse
- Learning disabilities
- Physical ill health
- Physical disability



## The aims of our project:

- To support young carers with their own emotional health and wellbeing
- To develop young carers to be better equipped with life skills
- To help young carers build confidence and resilience
- To give young carers a voice and to be heard
- To support young carers with their education, career choices or aspirations
- To help young carers to understand the support available to them

## As a young person, what can you expect from us?

### 1:1 support

- We will allocate you a dedicated worker who will look after you while you are with us. This will be the person you can turn to when you want some help or guidance. They have your back!
- We will help you to say and share what your needs are and support you to manage them
- We will help you identify things in your life you would like to change or develop
- We will meet you either in school, home or out in the community, whichever is best for you

## Group sessions

- We will offer you the chance to join our group sessions where you can meet other young carers
- Our sessions will have a theme each time like building your confidence, practical skills such as cooking or staying safe, creative or sports based sessions, time outside and time to try new things or experiences
- We will do our very best to make sure you feel relaxed and enjoy our sessions
- The sessions take place in various locations near you, we can help you get to them if that's what you need, so don't worry about that
- We will also run sessions online using Zoom to bring us all together when we can't meet face to face

**We believe you have the potential to reach greatness!**  
**We're here to help you on that path ....You've got this!**

### Quotes from young carers:

*'Thank you for supporting young carers. It really helps as it makes a HUGE difference. If young carer support wasn't here, I would feel like the odd one out for EVER, and I wouldn't have made so many new friends.'*

*'I have never had a day like this. BEST DAY EVER!'*



## Need Support?

### Get in touch

All contact details are on the back of this leaflet

At Crossroads Together we offer information, advice and practical support to carers and people with care needs. We offer a range of services across Cheshire, Greater Manchester, Merseyside and Shropshire.

We provide a dedicated young carer service in Cheshire East, Cheshire West and Shropshire, supporting hundreds of children and young people every year in their role as a young carer.



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***'If I didn't look after Mum, who would?'***

***'I just want to be like my friends'***

***'I wish someone would look after me'***