

Crossroads is a Manx registered charity that has been providing respite to local carers for more than 30 years.

Our services help all carers regardless of age or individual care needs.

To find out more about our Young Carers project or our other services please get in touch.



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Isle of Man Registered Charity Number 383



YOUNG CARERS



WHO IS A YOUNG CARER?

A young carer is a person under 18 who helps look after someone in their family, such as a parent or sibling, who has an illness, disability, mental health issue or alcohol or substance misuse issue.

Young carers may have to carry out practical tasks such as cooking and cleaning and physical care such as helping someone get out of bed. They may also provide emotional support and help look after siblings.

Being a young carer can teach young people many useful skills but can also have a big impact on the things that are important to growing up.

Caring can affect a young person's health, social life and future opportunities. Young carers can also struggle to juggle their education and caring responsibilities.

Many young carers feel that they miss out on aspects of life and find that their caring responsibilities prevent them from taking part in normal childhood experiences.

IT IS ESTIMATED
THAT THERE ARE OVER
1000
YOUNG CARERS
ON THE ISLE OF MAN



HOW WE SUPPORT YOUNG CARERS

Our Young Carers project runs fortnightly sessions for young carers aged between 5 and 18. The project also provides quarterly sessions for young carers on our referral list. The project gives young people the opportunity to meet with other young carers who understand what they are going through. We run activity trips on and off island to provide our young carers with regular breaks away from their caring responsibilities and give them the chance to make the most of their childhood.