

Crossroads is a Manx registered charity that has been providing respite to local carers for more than 35 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.



Units B5 & B6
Eden Business Park
Cooil Road
Braddan
Isle of Man
IM4 2AY

01624 673103

info@crossroadsiom.org

www.crossroadsiom.org

Isle of Man Registered Charity Number 383



YOUNG CARERS



WHO IS A YOUNG CARER?

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

WHAT MIGHT A YOUNG CARER DO?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including keeping people safe.
- Personal care, such as helping someone get dressed or helping someone with washing.
- Managing finances.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

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.

Young carers can struggle with:

- Not getting time to play or see friends.
- Feeling isolated from other people.
- Missing school or being late.
- Not being able to complete homework.
- Their own mental health.
- Feeling tired because of their caring responsibilities.



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 so they can have regular breaks away from their caring responsibilities and give them the chance to make the most of their childhood.

The project also provides quarterly sessions for young carers on our waiting list.

Our sessions give young carers the opportunity to meet with other children who understand what they are going through.

We also run special activities during the school holidays to provide our young carers with new opportunities.