

# PARENT HANDBOOK



## INTRODUCTION

If your child is joining our young carer project you probably have a number of questions about us and about how the project works. We hope you find the following information useful, but you are always welcome to contact a member of the team if you have any questions. You can email us using [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk) or phone on 0333 4141 809

## WHAT IS CENTRE 33'S YOUNG CARERS PROJECT?

Centre 33 is a local charity supporting young carers who live in Cambridgeshire & Peterborough.

Young carers are children or young people under the age of 18 who provide regular and on-going care and/or emotional support to a family member who is physically or mentally ill, disabled or who misuses substances.

Each young carer we work with is in a different situation and we treat all young carers as individuals.

All staff and volunteers have been interviewed and DBS checked. You can always ask to see their I.D. badges if you are unsure.



**“ MY SON REALLY ENJOYED HIS SESSIONS AND  
HAS HELPED HIM UNDERSTAND THAT HE IS  
NOT ALONE ”**