



**Family Action**  
**The Bridge Young Carers Project**  
**c/o Butterwick Hospice**  
**Woodhouse Lane**  
**Bishop Auckland DL14 6JU**  
**Telephone: 0191 383 2520**

27 April 2015

**To whom it may concern:**

The Bridge Young Carers Project, employed by Family Action, are funded by DCC and the NHS. The Project is tasked to work with and support the most vulnerable young people in County Durham who have additional caring responsibilities towards either a parent or sibling. The Project seeks to reduce inappropriate caring roles and promote improved confidence and emotional wellbeing.

The Bridge Young Carers Project have worked with Misty Blue Horse Grooming / Therapeutic Centre for approx. 2yrs; during that time we have arranged for several of our young people to access the service as a part of their individual Action Plan.

We have always found the service provided by Misty Blue to have a positive affect on the children and young people we work with, some of whom have managed to continue with the sessions after they are closed to us.

The service provides a flexible programme which can make a big difference to the stability of the children and young people, many who are living in chaotic lifestyles; the children and young people are encouraged to learn about the animals and how to look after them as well as being taught how to ride them safely.

The farm provides a safe environment for the children and young people to explore their feelings and promote positive emotional wellbeing, with the programme being delivered to suit their individual needs.

Misty Blue always responds to our referrals in a positive manner and we have now built up a good rapport with them and hope to move forward in the near future with a firmer working partnership.

Kath Fenwick

**Young Carer Practitioner**