



Are YOU a Young Carer?

Are you under 18 and help to look after someone at home?
If so, you are a **young carer**



Produced by the Young Carers Support Team,
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Children and Young People's Services

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2

Do you need Advice & Support?

Caring for someone who relies on you can sometimes bring practical and emotional problems, and may affect your health and well-being.

Your doctor's surgery can put you in touch with people and organisations that can offer you support.

You can also find out about support and advice available by contacting the young carers support team.



The young carers support team can:

- let you know about the help that's available to you;
- provide you with the information you need;
- put you in touch with other young carers, who are going through similar experiences as you;
- give you details of support groups in your area;



and lots more!



Young carers support team

tel. 01942 705962
or 705963

Doctor's Practice Referral Form



If you would like your doctor's surgery to know that you are a young carer, please fill in this form and hand it in at the surgery. Or, you can post it to the young carers support team at the freepost address on the back of this leaflet.

Your name _____

Address _____

_____ Postcode _____

Phone number _____

Who are you looking after?

Their name _____

Are they:

- a child
 a parent
 another relative

Do they live with you? Yes No

Are they registered at this surgery?

Yes No

Your doctor's name _____

Surgery address _____

Phone number _____

Where did you pick up this leaflet?

This box is for GP office use only.

Please record this information on your system.
918a for a carer, and **918f for the cared for**. Stamp and seal the card and return to the address overleaf.

For patient use only.

This doctor's practice can refer you to the young carers support team. If you would like them to do so, please sign and date below.

Signed _____

Date _____

Please note: The information you give us is confidential and is stored on computer.