

## In the community



**Carer Support Wiltshire** provide **FREE** and confidential information, advice and support to **ALL** Carers in Wiltshire including young carers.

For further information please visit the Carer support Wiltshire website [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk), telephone **01380 871690** or alternatively speak to a member of staff about obtaining a leaflet.

**Are you 18-25 years old?**

**Have you visited YAC Book?**

YACbook is a part of Carer Support Wiltshire and is an interactive page for young carers to access support and information. For more information visit [www.YACbook.co.uk](http://www.YACbook.co.uk)



**Wiltshire Young Carers** also offer support to young carers under 25 years. They support projects all over the country for young carers to attend, for more information visit [www.communityfirst.org.uk](http://www.communityfirst.org.uk)

**Don't forget!**

**Carers are also offered a FREE flu jab, make sure you have yours!** Please telephone the surgery during September to make an appointment.

**01225 435757**

## Are you a young carer?

If you answer **YES** to this question please fill in the box below and hand this to reception.

This allows us to inform your GP that you are a carer and gives you access to flexible appointments.

If you have any queries about registering as a carer please call 01225 435757

Please tick the box and complete the details

I am a carer and would like to be put onto the Health Centres Carers register.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Signed: \_\_\_\_\_

**If you are under 16 years of age please ask a parent or guardian to sign below**

Signed: \_\_\_\_\_

## Trowbridge Health Centre



## Young Careers

**NHS Wiltshire**

## Did you know ?

There are 2,700 carers in Wiltshire who are under the age of 18.

### Who is a carer?

A Carer is someone who looks after a relative, partner, or friend who cannot manage at home without help due to a disability or illness or because they are elderly or frail.

## YOU ARE NOT ALONE

There are an estimated 700,000 young carers in the UK, some as young as 5 years old

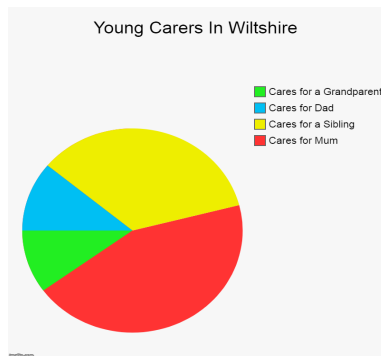
In Wiltshire :

53% of registered young carers care for their Mum

35% Carer for their sibling

11% Care for their Dad

1% Care for their grandparents



# Young Carers

Under 25 years old

A young carer is a child or young person (aged from 5 to 25) whose life is affected by caring for at least one family member, over and above just 'helping out'. This could

include for:

- Parent (s)
- Grandparent (s)
- Sibling (s)
- Close relatives (s)

### What do young carers do ?

- Household chores: washing, cleaning
- Preparing and cooking food
- Personal care: helping to dress, feed or wash
- Giving medication
- Communicating on behalf of other: signing
- Ensuring someone's safety
- Providing emotional support

We are here to help!

Support for Carers at The Health Centre

**Sister Gabby Wright**

Carers Lead

Helpful telephone numbers and websites

The health centre : 01225 435757

Health Centre website :

[www.boamhp.co.uk](http://www.boamhp.co.uk)

Out of Hours/ NHS Direct : 111

Carer Support Wiltshire : 0800 181 4118

