

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, telephone **01380 871690** or alternatively speak to **Jane 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 **YACbook.co.uk**



Wiltshire Young Carers also offer support to Young Carers under 25 years. They support projects all over the county for Young Carers to attend, for more information please visit <http://www.communityfirst.org.uk/>

Don't Forget!

Carers are also offered a FREE Flu Jab, please make sure you have yours! Please telephone the surgery during September to make an appointment.



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 you are a Carer and gives you access to flexible appointments.

If you have any queries about registering as a Carer please call Jane on 01225 866611.

Please tick the box and complete the details

I am a Carer and would like to be put onto the Health Centre's 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: _____



Bradford on Avon & Melksham Health Partnership

Young Carers

How much do you know?



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 a 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.

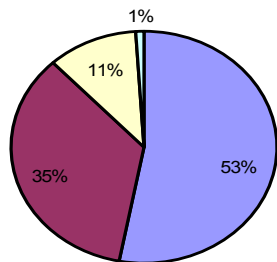
In Wiltshire:

53% of Registered Young Carers care for their Mum

35% Care for their sibling

11% Care for their Dad

1% Care for their Grandparents



Young Carers

Under 25 year olds

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 caring for:

- Parent (s)
- Grandparents (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*

Jane Queree is the Practice Carers Representative 01225 866611

Jane is able to provide help and information to Carers. She is also able provide information about services available to you & has access to appointments that can be arranged at a time to suit you.

Helpful telephone numbers and websites

The Health Centre : 01225 866611
Health Centre Website : www.boamhp.co.uk
Out of Hours/NHS Direct : 111

Carer Support Wiltshire: 0800 181 4118

Young People Representative

Sydney is our Young People Representative at the Surgery.

No Worries!
CONFIDENTIAL
Teenage Health Service

Sydney is here for young people to contact to ask questions about what the Surgery can do for them and to find out more information on anything that is worrying them. As with all areas of the practice, conversations with Sydney are confidential.

To speak with Sydney please call 01225 866611 or drop into the surgery to see if she is available.