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Billesdon Surgery

Question: Are you helping someone at home because they can't look after themselves?

If the answer is **yes**, and you are **under the age of 18yrs** - You are a **Young Carer**.

The things you have to do at home may affect your schoolwork and your friendships. You may also feel a bit down. You don't have to cope on your own if you're looking after an adult or a child in your family. There is help available. **What to do next:** Tell a member of staff that you are a Carer. This will be recorded on your record and let staff when you book an appointment. They will offer you appointment times to fit around your caring duty. We also have a Health & Wellbeing Team who can help with non-medical support.

Useful Support Organisations

<p><u>HCYC Young Carers Activity Group</u></p> <p>Email: info@hyc.org.uk Meet fortnightly in Market Harborough. FREE</p> <p>Speakout Website: https://speakout.org.uk/wellbeing/useful-resources/</p>	<p>Open to young carers living anywhere in the Harborough district, from Year 7 up to their 18th Birthday.</p> <p>Everyone in the group is young carer, so they understand about your home situation. A chance for time out. They offer activities, events and trips out. Lots of useful links to resources to support young people with their mental health</p>
<p><u>Leicestershire County Council - Carer's Assessment for Young Carers (Must be 18 years old or younger)</u></p> <p>Tel: 0116 305 0005</p> <p>They will send someone to your home to talk to you about your situation and work out how we can help you and your family.</p>	<p>They will look at what help they can give the person you look after and you as well.</p> <p>This could be things such as: equipment to help them move around the home, someone to come in to help them wash and dress, help with cleaning and housework etc.</p> <p>They will also look at what you want and need outside home, for example: help with school and college work, activities, spending time away from your caring duties.</p>

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<p><u>Leicestershire County Council</u></p> <p>https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/help-for-young-carers/how-to-tell-if-youre-a-young-carer</p>	<p>This website offers information on how to get help and advice. It includes guidance on getting support at school, how to speak to someone if you need help, what is available to help, dealing with hospital, preparing for emergencies</p>
<p><u>Young Carers Champion</u></p> <p>Ask at school/college about a Young Carers Champion – a member of staff whose job it is to help students like you.</p>	<p>They can do things like : arrange for you to use your mobile phone at school so that you can get calls if anything is wrong at home, make sure teachers are understanding and flexible if you're struggling to keep up with homework or you arrive late, listen to you if you need someone to etc</p>
<p><u>School Nurse and Student Support Staff</u></p> <p>Ask at school/college for to speak with the school nurse or a member of the student support team.</p>	<p>The school nurse and the student support staff can: tell you about where you can get help outside school, answer questions you may have about the illness or condition of the person you look after, check that you're okay and coping with the situation, refer you for a carer's assessment.</p>
<p>The Mix (Under 25yrs) https://www.themix.org.uk/ Tel: 0808 808 4994</p> <p>Young Sibs https://www.youngsibs.org.uk/</p>	<p>FREE online or confidential helpline service for young people under the age of 25yrs who need advice or someone to talk to.</p> <p>For brothers and sisters of disabled children and adults. FREE online help and advice.</p>
<p>Childline Tel 0800 1111</p>	<p>Free confidential advice and support whatever your worry, whenever you need help.</p>
<p>Young Minds Textline Text the letters YM to 85258</p>	<p>Provides FREE 24/7 text support for young people across the UK experiencing a mental health crisis.</p>
<p>Samaritans Tel: 116123</p>	<p>FREE 24 hrs listening support</p>