

Are you a Young Carer?

You are a young carer if you are aged between 5 to 17 and provide care, assistance and support to someone else in your family

Do you clean, cook and look after the house?

Do you take care of the household bills or budget?

Do you help give medicines to someone at home?

Do you offer emotional support to someone at home?

Do you help wash or dress a loved one?

Do you help look after your siblings?

If this sounds like you or someone you know, please speak to your GP Carers Champion.

The Carers Champion at this practice is: