

Tell us a little bit more...



How many people do you care for currently?

Is the person/people you care for registered at the surgery? * Yes No

Is the person/people you care for near the end of their life? Yes No

Are you this person/people's main carer? Yes No

Do you have any current concerns about the health and well-being of: yourself? the person / people you care for?

What is the main condition the person or people you care for have?

Signature and today's date:

Please ask a parent or guardian to sign if you're under the age of 16

All done? Cut out this slip and hand it to our reception team or post it to us

* Completing this form does not automatically entitle you to have access to the medical records of the person you are caring for

Are you a young carer?

We're here if you need us

The Spinney Surgery
 Ramsey Road
 St Ives
 PE27 3TP

Telephone: 01480 495347
 Website: www.spinney-surgery.org.uk
 Facebook: /thespinneysurgery



If you are under 18 and looking after someone who can't manage without you, then we'd like to help...

A young carer might be looking after someone close to them like a parent, grandparent or sibling who is ill or unable to care for themselves.

This can be hard work and often young carers spend a lot of time doing housework as well as nursing the person they're caring for or looking after their needs like bathing and dressing them.

Other children might not understand the responsibility a young carer has or why you have less time than other children.

Being a young carer can affect your own health and wellbeing:

- feeling overwhelmed or stressed
- feeling anxious or worried
- feeling physically tired
- being bullied or left out
- being embarrassed about your situation
- missing school, homework or after school activities

It's important to get support if you're a young carer and your GP surgery is one place you can turn to for help along with your school, friends or other family members.

Why should I tell the GP that I'm a young carer?

Your GP surgery can offer you support and direct you to resources and organisations who will be able to help.

Recording your caring status on your patient record ensures that all the surgery staff can support you with making appointments, collecting prescriptions and answering any questions you have.

Useful Contacts

Young Minds (www.youngminds.org.uk) has lots of resources on how to cope if you're struggling as a young carer and has lots of information about managing your mental health

Caring Together (www.caringtogether.org) is a leading charity supporting carers of all ages across Cambridgeshire, Peterborough and Norfolk.

Centre 33 (www.centre33.org.uk) has a team ready to support you via phone at 033 414 1809 or by text/whatsapp at 07514 783745.

Spinney Surgery Young Carers Registration Form

You can fill in this form to let us know that you are carer. When you're done, cut off this section and hand it to our reception team or post it to us.

First name:

Surname name:

Date of birth:

Address & postcode:

Mobile number:

Email address:

To get in touch with you, can our staff at the surgery:

Send you texts?

Send you emails?