

0121 638 0876

[birminghamyc@spurgeons.org](mailto:birminghamyc@spurgeons.org)

Depending on the level of support needed, this free service offers:

- A monthly young carers respite group
- Confidential one-to-one support with a dedicated worker
- Help to access other services
- Training opportunities, e.g. first aid, fire awareness or building self esteem and confidence
- Telephone Support
- Issue based workshops
- Access to our counselling service if needed
- Transition into the adult carers service once you reach 18
- Opportunity to take an activity break, make friends and have some fun!
- Whole family support
- Information and Advice



## LOOKING AFTER SOMEONE



## Do you look after someone who could not manage without you?

### Leach Heath Medical Centre

Leach Heath Lane, Rubery, Birmingham, B45 9BU

[Info.leachheathsbpct@nhs.net](mailto:Info.leachheathsbpct@nhs.net)

Tel: 0121 453 3516

Fax: 0121 457 9256

[www.LHMC.gpsurgery.net](http://www.LHMC.gpsurgery.net)

## Am I a Carer?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage alone?

Is this person in need of your help due to frailty, age, physical illness, mental health condition, or addiction?

If you answered yes to either, or both, of the questions above, it is extremely likely that you are classed as a carer, whether you were aware of it or not.

Anyone can become a carer—for example children, parents, spouses and friends.

## Am I a Parent Carer?

A Parent Carer is someone who provides, or intends to provide, care for a child with additional needs (under the age of 18), for whom the person has parental responsibility.

## Am I a Young Carer?

A Young Carer is someone aged 18 or under, who helps look after a friend or relative, who has a condition that means they cannot support themselves without that help. Young Carers often take on the practical and emotional caring responsibilities that would normally be expected of an adult.

## Your Own Health

As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.

## Practice Support for Carer's

It is important that you register as a Carer with us so that we can ensure that you receive all the support you need. Please complete a [Carer's Registration Form](#) online or at Reception.

The practice has a Social Prescriber who offers patients the time to talk in an informal non-clinical setting. They can help you connect with community groups and statutory services for practical and emotional support.

All Carer's are entitled to a free flu vaccine. Please book in at Reception.

## External Support for Carer's

**Birmingham Carer's Hub** offers a wide range of support and services to carers in Birmingham.

Info & Advice Line – 0333 006 9711

[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)

**Worcestershire Association of Carer's** offers support services to carers in the Worcestershire area, including Rubery & Bromsgrove.

Hub helpline—0300 012 4272 if you need support with your caring role. Opening hours Monday to Friday 9am to 7pm and Saturday's 9am to 12 noon.

<https://www.carersworcs.org.uk/>

**Carer's UK**

<https://www.carersuk.org/>