

What we can do for you

As your GP Practice we can offer support and guidance. We can refer you to the Halton Carers Centre and be your first point of contact. We can put you onto our carers register so that you are offered extra support from the Practice.

We understand how difficult it can be as a young carer and that you may not always want to ask for help, but please let us know so we can help you — you are not alone!



Let us know that you are a carer as being a carer means staying in good health is vital. Did you know you are entitled to a **free flu jab** each year? Just ask at Reception.



Grove House Practice
St Paul's Health Centre
High Street
Runcorn

Tel No: 01928 566561

Cancellation line: 01928 842577
(message facility only)

Website: www.grovehouse.co.uk

If you require this leaflet in a different format or if you need further information or advice, please contact the Practice

Are you a Young Carer

Grove House Practice



Are You A Young Carer?

Young carers are children and young persons under 18 who provide (or intend to provide) care, assistance or support to another family member. A young carer will often carry out on a regular basis significant or substantial caring tasks and assume a level of responsibility.



It would normally be a parent who the young carer would look after, but quite often can also be a sibling, grandparent or other relative who is disabled, has a chronic

illness, mental health problem or experiences substance misuse. The care they give may range from practical personal care to emotional support or supervision such as the following:

- Washing, bathing and dressing
- Shopping
- Helping around the home; washing clothes and cleaning
- Giving medication
- Helping to move around
- Helping your parents to look after brothers and sisters

If you are a young carer you might have trouble with your schoolwork, find it hard to get homework done or some problems that may crop up could prevent you from getting to school. These are things you should not have to worry about. There are people who can help you and this leaflet tells you about some of them.



Halton Carers' Centre provide services to young Carers in Halton. They work with families to reduce the impact that caring responsibilities can have on

young people's lives by providing a range of services...

- Caring with Confidence – a training program which builds skills in the area of emotional wellbeing
- Day trips and time out – some for young people only, and some for you and your family
- Groups / clubs to join
- Personal development opportunities
- Funding – towards hobbies, activities or trips for example
- Free therapy treatments – manicures, pedicures, massages or facials
- 1-1 support for you and your family

Halton Carers' centre understand that all young carers are different and have different needs. This is why they have created good support links with many other organisations in the area so if our range of services is not relevant to you, they can still help.

Contact details for Halton Carers' Centre are below:

Halton Carers Centre
62 Church Street
Runcorn. WA7 1LD
01928 580182

E-mail: help@haltoncarers.co.uk
Website: <https://haltoncarers.co.uk>



Another useful website is:

[Young carers | Barnardo's](https://www.barnardos.org.uk)
 [\(barnardos.org.uk\)](https://www.barnardos.org.uk)

The site gives ways to look after your mental wellbeing to tips about staying safe online and everything in between, they have got you.