

## In the Community

Carer Support Wiltshire provide FREE and Confidential Information, Advice and Support to **ALL** Carers in Wiltshire.

For further information please visit the **Carer Support Wiltshire website** [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk) or telephone 0800 181 4118

## Spurgeons

Spurgeons (who were once known as Wiltshire Young Carers service) was established in 1994. They have over 1000 young carers registered, this is probably only about half of the young carers that are actually caring at any time.

They provide a FREE service to all young carers which include activities, advice, support and the chance to meet with other young carers in similar circumstances.

For more information please visit the **Spurgeons website** [www.spurgeons.org](http://www.spurgeons.org) or telephone 01225 701820. Alternatively speak to Hayley about obtaining a leaflet!



Don't Forget!

Carers are also offered a FREE Flu Jab, please make sure you have yours! Please telephone the surgery during September to make an appointment.

## Are you a Young Carer?

If you answer YES to this question please pick up a slip from Reception or from the Carers board in the Nurses waiting area.

This allows us to inform your GP you are a Carer and gives you access to flexible appointments.

Alternatively please fill in the box below and hand this to Reception.

Please tick the box and complete the details

I am a Carer and would like to be put onto the Health Centre's Carers register.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Signed: \_\_\_\_\_

If you are under 16 years of age please ask a parent or guardian to sign below

Signed: \_\_\_\_\_



Bradford on Avon & Melksham Health Partnership

Young Carers

*How much do you know?*



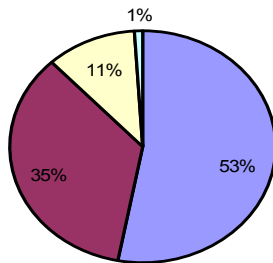
## Did you know?

*There are 969 Carers in Wiltshire who are under the age of 18*

### Who is a Carer?

A Carer is someone who looks after a relative, partner or a friend who cannot manage at home without help due to a disability or illness or because they are elderly or frail.

## You are not alone



### In Wiltshire:

53% of Registered Young Carers care for their Mum

35% Care for their sibling

11% Care for their Dad

1% Care for their Grandparents

# Young Carers

## Under 25 year olds

A young carer is a child or young person (aged from 5 to 25) whose life is affected by caring for at least one family member, over and above just 'helping out'. This could include caring for:

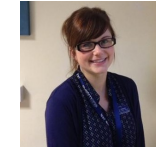
- Parent (s)
- Grandparents (s)
- Sibling (s)
- Close relatives (s)

## What do Young Carers do?

- Household chores: washing, cleaning
- Preparing and Cooking food
- Personal care: helping to dress, feed or wash
- Giving medication
- Communicating on behalf of other: signing
- Ensuring someone's safety
- Providing emotional support

## We're here to help!

*Support for Carers at  
The Health Centre*



**Hayley Holland is the  
Practice Carers  
Representative  
01225 860026**

Hayley is able to provide help and information to Carers. She is also able to access services to you (appointments etc) so that they can be arranged at a time that suits you.

### Helpful telephone numbers and websites

The Health Centre : 01225 866611  
Appointments Line : 01225 865200  
Home Visits : 01225 860018  
Health Centre Website : [www.boamhp.co.uk](http://www.boamhp.co.uk)  
Out of Hours/NHS Direct : 111

### Did you know?

We now have a Young People Representative at the Surgery.

**No Worries!**  
CONFIDENTIAL  
Teenage Health Service

Kirsty Tripp is here for young people to contact to ask questions about what the Surgery can do for them and to find out more information on anything that is worrying them. As with all areas of the practice, conversations with Kirsty are confidential.

To speak with Kirsty please call 01225 866611 or drop into the surgery to see if she is available.