

## Useful contacts for young carers

**Surrey Young Carers**, part of charity Action for Carers Surrey, supports young people (under 18) who help look after family members.

They give young carers and their families free, impartial information and support to minimise the impact of their caring role. They run workshops, forums, activities and groups, and give young carers time out from caring.

To find out more call on 01483 568269, email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk) or visit [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

**Childline** 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Children and Young Peoples' Surrey Havens** are safe spaces for 10-18 year olds where you can talk about worries and mental health concerns in a confidential and supportive setting.  
[www.cyphaven.net](http://www.cyphaven.net)

**Kooth** is a free on-line counselling service for children and young people  
[www.kooth.com](http://www.kooth.com)

**Chat Health** (07507 329951) is a text service for young people at secondary school; to reach out to the school nurse

## For surgery staff

Once you've identified a young carer, you should note any specific communication, religious or cultural barriers, then provide the appropriate support. You must ascertain whether the child is Gillick Competent. If not, seek parental consent. You should:

- Register the patient as a young carer using read code 918h or appropriate Snomed code.
- Refer the young carer for support using the GP Carers' Prescription (including GP Carer Breaks).
- Ensure you've identified and appropriately addressed the young carer's health needs.
- Ensure the young person has been given information and understands how registering as a carer at the GP will help them.
- Check if there are any other young or adult carers in the household.

For additional guidance see the **Young Carers Pathway on the GP Carers Prescription website** or at **Young Carers Stuff** [www.youngcarersstuff.org](http://www.youngcarersstuff.org)

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## Is this you?



**Under 18 and looking after someone who couldn't manage without you? Yes? Then you're a young carer.**

Many people look after friends or family who can't manage without them (because of a health condition, disability, mental health, illness, frailty, addiction or substance misuse.)

Your health could be affected by your caring responsibilities. When making an appointment please tell the doctor that you care for someone.

# About you

Name .....

Address .....

.....

Name of surgery .....

Date of birth .....

I am  Male  Female  Prefer not to say

Please tick and complete for the ways you'd like us to contact you:

Call my mobile .....

Text me .....

Call my home number .....

By email .....

Which of the above would you prefer people to use? .....

What's the main condition the person you care for has? (eg dementia, autism, cancer) .....

Are you caring for someone who's nearing the very end of their life? Yes / No

# Preparing to see your doctor

It can be a good idea to think about what you want to talk to the doctor about before you meet. Get some help on [www.docready.org](http://www.docready.org)

**Write down your questions below:**

1

2

3

4

5

6

7

# Why should I tell the doctor I'm a young carer?

If your GP knows you care for someone, they'll can help you look after your own health needs better.



**As a young carer, your GP can offer you:**

- Flexible appointments
- Text reminders
- Staff who understand young carers and the challenges they face
- Information on other types of help and support for young carers
- Your caring role recorded on your notes so all staff can support you
- The surgery cannot guarantee that you will see the same doctor but you can ask and they will do their best

Please note: registering as a carer doesn't automatically entitle you to access the medical records of the person you care for — check with the surgery for their policy on this.

While at the GPs, take a look at the surgery's Carers Resource File, which you'll find in the waiting area in a red folder. Also ask for a copy of 'The Guide on Carers Support in Surrey'.

