

## What we can do for you

As your GP Practice we can help to support and guidance. We can refer you to the Princess Royal Trust 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!

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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.



Please also see our Carers display within our waiting room area, where you will find other information and leaflets

that may find helpful.



Grove House Practice  
St Pauls Health Centre  
High Street  
Runcorn  
Cheshire  
WA7 1AB

Tel No: 01928 566561

Fax No: 01928 590212

Cancellation line: 01928 842577  
(message facility only)

Website: [www.grovehouse.co.uk](http://www.grovehouse.co.uk)

Last reviewed: October 2009

# Are you a young carer?

Grove House Practice

## Patient Information Leaflet



## 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.



## HITS (Hope, Inclusion, Time, Success)

HITS provides services locally to a carer who is under eighteen and whose life is affected because they care for a family member or close friend who is unwell. They run young carers groups which will give you a chance to meet other young carers of your age who might share some of your experiences.

HITS can offer you advice and provide information about services that are available to you and your family. They will also offer you guidance to help with many issues that you may be facing. They will also help you in joining groups where young carers can socialise and make new friends. They put on activities, provide snacks and go on outings during school holidays.



The site is designed specifically for young carers

HITS can be contacted on:

**01928 564663**

Or go to their website:

**[www.hits-halton.org.uk](http://www.hits-halton.org.uk)**

The people at HITS want to make your carers role easier and help to meet your needs for practical support and help. Workers and volunteers are on hand for you to speak to about how you feel about being a young carer.

You may also contact Halton Carers Centre who can offer you advice and support:

**The Princess Royal Trust Carers Centre**

**62 Church Street  
Runcorn. WA7 1LD**

**01928 580182**

**E-mail: [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)**

This is the Princess Royal Trust for Carers and they have lots of information that may help you.

Another useful website is:

**[www.youngcarers.net](http://www.youngcarers.net)**

The site is designed specifically for young carers and as features such as a chat room were you can talk to other young carers.