

## Useful contacts

### NHS Direct

Advice on looking after a parent or brother or sister; and information on fitting in socialising with caring and dealing with feelings. From the home page go to young carers under the 'care and support' tab.

Web: [www.nhs.uk](http://www.nhs.uk)

### YC Net

Information, advice and online support for young carers.

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

### Young Sibs

Information for brothers and sisters of disabled children and adults.

Web: [www.youngsibs.org.uk](http://www.youngsibs.org.uk)

### Well Aware

Information on health, wellbeing and community services.

Tel: 0808 808 5252

Web: [www.wellaware.org.uk](http://www.wellaware.org.uk)



Front cover photographs: Carers Trust, Tina Gue

If you care,  
we care.

Carers Support Centre  
Bristol & South Gloucestershire



### Carers Support Centre

Provides a voice for carers, a confidential telephone helpline, one-to-one support, carers' groups, training and short breaks.

Tel: 07722 283 673

Email: [youngc@carerssupportcentre.org.uk](mailto:youngc@carerssupportcentre.org.uk)

### Carers Support Centre

The Vassall Centre, Gill Avenue  
Fishponds, Bristol, BS16 2QQ

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk) | CarersLine: 0117 965 2200

Registered as The Carers Centre (Bristol & South Gloucestershire). Company number: 3377199 Charity number: 1063226

# Is this you?



## You may be a young carer

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)

## How your GP can help

We will try and help you to stay as fit and healthy as possible. Often we can help young carers by:

Giving free flu vaccinations



Adding your name to our 'carers register' so that we can let you know about things that may help you

Helping you get appointments at times that work for you

Sometimes we can speak to you about the condition of the person you care for or the medication they are using

Listening to how caring is affecting you and what you think is best for the person you look after

Please register yourself as a carer at reception or discuss it with your Doctor.

## Help for Young Carers

**It's difficult looking after someone. It's important for you to have some help and support for yourself.**

### Carers Support Centre

Carers Support Centre is a charity that supports young carers in Bristol and South Gloucestershire. You can talk to them in complete confidence about your situation. They will listen and try to help you get the support you need.

**Call CarersLine: 0117 965 2200**

**Or text: 07722 283 673**

Text your name and where you live and someone will text you back as soon as possible.

### Support at school

Let your school know that you are a young carer. Speak to someone at school that you know and trust. This might be a tutor. Some schools run groups especially for young carers. If your school doesn't, please ask them to refer you to Carers Support Centre.

### Money for breaks

If you are a young carer living in Bristol, or have a Bristol GP, you will be able to have a carers assessment. This could mean getting money to spend on a break. For example, you could use this money to buy:

A laptop to help with homework & chat with friends

Cinema membership

A holiday away with the person you look after