

## Useful Contacts For Young Carers

### Surrey Young Carer's

01483 568 269

Website:

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk)

Childline 0800 1111

Website: [www.childline.org.uk](http://www.childline.org.uk)

### Children and Young Peoples Surrey Havens

The CYP Haven is a safe space for children and young people aged 10 to 18 where you can talk about worries and mental health concerns in a confidential and supportive environment [www.cyphaven.net](http://www.cyphaven.net)

### Kooth

A free on-line counselling service for children and young people.

[www.kooth.com](http://www.kooth.com)

### Chat Health

Is a text service for young people at secondary school; to reach out to our school nurse team, The Chat Health text number is 07507329951

## FOR SURGERY STAFF USE

Once the Young Carer is identified, you should identify any communication, religious or cultural barriers and then provide the appropriate support. You must ascertain whether the child is Gillick Competent. If not you must seek parental consent

### You Should:

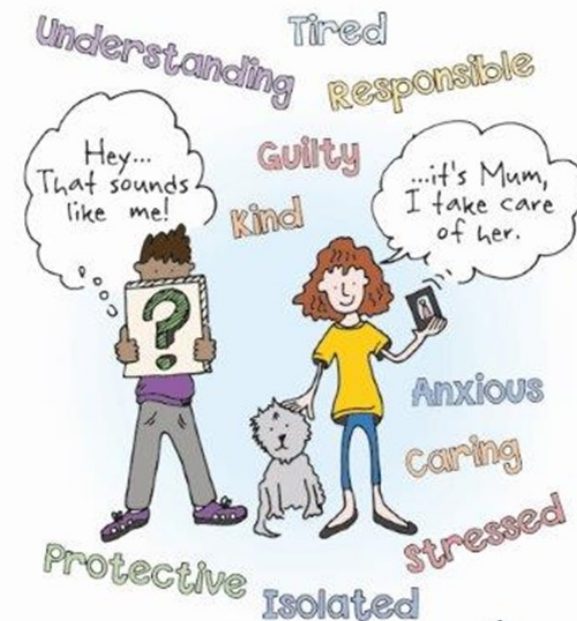
- Register the patient as a young carer using read code 918h or appropriate Snomed code.
- Refer the Young Carer for support using The GP Carers Prescription (including GP Carer Breaks).
- Ensure the health needs of the Young Carer have been identified and addressed appropriately
- Ensure the Young Carer has been given information and understands how registering as a Young Carer will benefit them at the GP (this may include flexible appointments)
- Have you checked if there are any other carers or young carers in the household?

For any additional guidance you can find the Young Carers Pathway on the GP Carers Prescription website or at Young Carers Stuff ([youngcarersstuff.org](http://youngcarersstuff.org))



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## Is this you?



**Under 18 and looking after someone who couldn't manage without you?**

**You are what we call a**

**YOUNG CARER**

***Sign up here!***

Many people look after friends or family who can't manage without them. This could be due to a serious health condition, disability, mental health illness, frailty, addiction or substance misuse. **Being a Young Carer can impact your own health but your GP can help you to manage this. Hand this form to the receptionist or a GP.**

## Tell us about yourself



Name

Address

Name of Surgery

Date of Birth

Gender

Home phone number

Mobile phone number

Email address

Preferred method of contact

What is the primary condition of the person you are caring for?

Are you caring for someone in end of life circumstances Y/N

## Preparing to see your doctor

### Question you would like to ask

You can write down your questions here

Need some help with this!

Doc Ready helps you get ready for the first time you visit a doctor

[www.docready.org](http://www.docready.org)

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## What happens next?



Please ask to be given 'The Guide on Carers Support in Surrey' Also take a look at your surgery's Carers Resource File.

If you feel that your health is suffering due to looking after someone, please make an appointment to see your doctor.

Your GP can help you to look after your own health needs by having more knowledge of your caring role,.

**As a Young Carer your GP can offer you.....**

- ◆ Flexible appointments
- ◆ Staff who understands Young Carers
- ◆ Text Reminders
- ◆ Knowledge and awareness of other types of help and support for young carers
- ◆ Having your caring role recorded on your notes

The surgery cannot guarantee that you will see the same doctor but you can ask and they will do their best

Please note: Completing this form does not automatically entitle you to have access to the medical records of the person you are caring for. Check your surgery policy regarding this.