Dear Patient and Young Carer

Thank you for letting us know that you are caring for someone.

We do understand the impact that looking after someone can have on patients’ health and wellbeing and are keen to help if we can support you to stay as fit and healthy as possible.

One of the ways that we may be able to help is by sharing information that might be helpful to you. Included in this pack is our Practice Carers Leaflet, a leaflet explaining the services provided by the Local Carers Support Centre.

If you feel that there are other ways in which this Practice could help you, we are always willing to listen to new ideas.

Kind Regards,

Queensway Surgery

**Young Carer Leaflet**

**You may be a carer...**

...if you provide help and support to a family member who is

* Disabled
* Physically or mentally ill
* Has a substance misuse problem

Caring can involve physical or emotional care or taking responsibility for someone’s safety or wellbeing. It is also more than simply helping out with jobs at home, which is a normal part of growing up.

You may be helping with any of the following:

* cooking, housework, and shopping
* physical care, such as lifting, helping with the stairs or with physiotherapy
* washing, dressing, and helping with toileting needs
* managing the family budget, collecting benefits and prescriptions
* giving medicines
* emotional support
* interpreting, due to a hearing or speech impairment

**Support for you**

Becoming a carer can feel isolating and it’s often a struggle to get the information you need. When you are looking after someone, it’s important to have some help and support for yourself, such as a break from caring. Your local Council can help with having someone talk to you regarding any help you may need. You can email them on [youngcarers@southend.gov.uk](mailto:youngcarers@southend.gov.uk).

Southend Council has a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful.

You can contact them on 01702 298 495. Their website for more information is www.livewellsouthend.com

**Your Own Health**

As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else. Here at Queensway Surgery, we want to be able to do all we can to try to help you to stay as fit and healthy as possible. We will do our best to help you look after yourself as well as the person you care for. For example, we are keen to offer flu vaccinations to carers each Autumn. We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.

**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

**Useful Contacts**

***Southend-on-sea Social Care***

01702 215008

[www.youngcarers@southend.gov.uk](http://www.youngcarers@southend.gov.uk)

***Livewell Southend***

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

01702 298 495

***Southend Carers***

01702 3939333

www.southendcarers.co.uk