

Are you a Young Carer?

Children / Young people who do a lot to look after a family members, perhaps because they are sick, disabled or are misusing drugs, are Young Carers.

Looking after someone can be rewarding, but it can also make you feel stressed, anxious and sometimes very lonely.

There is always someone who can help.

North Staffs Carers Association

www.carersfirst.com

01782 793100

The Carers Hub

www.thecarershub.co.uk

0300 123 1937

info@thecarershub.co.uk

7Star Foundation

<http://the7starfoundation.co.uk/>

info@the7starfoundation.co.uk

Edward Gostling Foundation

<http://www.edwardgostlingfoundation.org.uk>

01753 753900

Children in Need

<https://www.bbcchildreninneed.co.uk/>

0345 609 0015

pudsey@bbc.co.uk

YMCA

<http://www.ymca.org.uk/young-carer>

020 7186 9500

enquiries@ymca.org.uk

The Honeypot Children's Charity

<https://www.honeypot.org.uk/>

0207 602 8631

info@honeypot.org.uk

CHICKS

<https://www.chicks.org.uk/>

01822 811020

Children's Society

<https://www.childrenssociety.org.uk>

0300 303 7000

supportercare@childrenssociety.org.uk

At Madeley Practice we are also always here to help.

If you are struggling or just need someone to talk things through with, you can always make an appointment with one of our GPs.

We also have Brigitte, who is our Care Facilitator, on hand to help you with anything you need. She can put you in touch with appropriate services who can help you with a specific problem you're having; and, if it is just that you need someone to talk to, separate from the situation, she is always around for a chat.

Please telephone the Surgery to make an appointment with her. She can see you in the Surgery, speak to you on the telephone or visit you at home, which ever suits you better.

Please, always ask for help.