**Are you a Carer?**

There are over 7 million carers in the UK today. This unpaid care saves the state 132 billion a year. Carers do an amazing job holding families together.

**Who is a carer?**

Regardless of your age **you are a carer** if you provide unpaid support to family or friends who could not manage without your help. You could be caring for your parent, your son or daughter, your brother or sister, your partner or former partner or your friend or neighbour. You care for them due to their illness, disability, mental ill health or substance misuse problem.

**Being a carer is not easy**

Being a carer can be tough:

* trying to juggles work life and family life
* being on duty around the clock and finding it difficult to have an social life of their own
* having financial worries for themselves and the people they are caring for

**Where can carers get support?**

We now have a carer support worker at the surgery who can advise on a multitude of issues such as: getting a break, respite and holidays: making time for yourself: welfare benefits relating to carers. Ask the receptionist for an appointment.

**Carers Leeds Adults –** offer advice, information, social and emotional support.Carers can book for a pamper at one of their weekly wellbeing sessions, get advice on benefits and much more, go to one of their social events.

* They hold drop in sessions (no appointment needed) at 6/8 The Headrow, Leeds LS1 6PT Tuesday - Friday from 9.30 am - 3.30pm.
* You can telephone (0113 3804300) for a chat Monday - Friday from 10.00 am - 4.00 pm.
* If you let your GP know that you are a carer, you can complete a yellow card at your GP practice and use this scheme to access Carers Leeds services.
* Home visits if you cannot get out and about.

**Carers Leeds Young Adults –** offer advice, information, social and emotional support for young adults aged between 18 and 30. You can contact them on **0113 3804300**.

**Barnardo’s Willow Project** - offers support for young carers aged 5-18 years old living in Leeds. They support children and young people who care for a family member affected by a physical or mental health illness, disability or substance misuse problem. You can contact them on **0113 2622 851.** You can also email **Willow.youngcarers@barnardos.org.uk.**