

Local Support for Young Carers

Ask Normen
The Lowdown
Youth Works
Time 2 Talk
Service Six
CHAT

Northamptonshire Association
of Youth Clubs

Family Support Link
The Reach Collaborative
McCarthy Dixon Foundation



Useful Contact Number and websites:



Northamptonshire Carers

01933 677907

[Northamptonshire Carers
Association](http://Northamptonshire Carers Association)

Childline: 0800 1111

Bullying UK: 0300 323 0169

Young Minds:
www.youngminds.org.uk

Carers Trust: www.carerstrust.org

Kingsthorpe Medical Centre
Eastern Avenue South
Kingsthorpe
NORTHAMPTON
NN2 7JN
01604 713823
kingsthorpe.k83035@nhs.net
[https://
kingsthorpemedicalcentre.co.uk](https://kingsthorpemedicalcentre.co.uk)

Kingsthorpe Medical Centre

Young Carers



Do you look after a family member or friend who is ill, disabled, has a mental health condition or misuses substances?

If you are under 18 and taking extra responsibilities at home, we are here to support you.

This leaflet will be able to give you more information on where to access support.

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Responsibilities of a Young Carer can include any of the following:

Household Tasks

Cooking Meals, Cleaning & Housework, Shopping for groceries, Managing household finances, Taking Care of household organisation

Personal Care Support

Helping someone move around safely, Assisting with getting dressed, Supporting with personal hygiene, Managing or reminding about medication, Helping with Medical appointments

Sibling Care

Looking after younger brothers or sisters, Getting siblings ready for school, Helping with homework, Providing emotional support to siblings

Emotional Support

Providing companionship, Listening and offering comfort, Managing worry about a family members condition, Being alert to changes in someone's health, Advocating for

Family member's needs



As a Young Carer it is important you reach out to those who can offer you support, whether it be at school, college or in the community. As a Practice, if we know you are a Carer we can register you on the Practice Carers Register, which will allow us to include your details on our computer system that identifies you as a Carer and the person you care for.

Knowing you are a Carer helps your doctor to understand and support you to access information, help and support. This can be anything from leaflets in the practice, updates on our practice website and Facebook page, to signposting you to help and support that is available in your area.

As a Registered Carer we can also give you priority booking to fit around your Caring.

If you are a Young Carer, Please fill in one of our Young Carers Identification forms. These are available from Reception or our website. If you wish us to refer you to Northamptonshire Carers we can do so or you can contact them yourself

<https://www.northamptonshire-carers.org/>

