



You can contact us by  
Phoning, texting or by email:

07535 460 537

020 3802 7070

E: [email@brentcarerscentre.org.uk](mailto:email@brentcarerscentre.org.uk)



## CONFIDENTIALITY

We have a team of experienced and friendly staff who understand the difficulties experienced by young carers. It can be difficult for young carers to know about the help that you are entitled to and where you can go to access it, or even just to talk to someone confidentially about of the difficulties you are experiencing.

We ensure that Young Carers experience the same duties of care, respect and confidentiality as adults.

However we do have a duty of care to young carers whereby confidentiality may be broken when the health, safety or welfare of the young person, or others, would be at grave risk.



### Where to Find us:

#### Brent Carers Centre

Willesden Medical Centre  
144-150 High Road  
Willesden  
London NW10 2PT

#### Opening Times:

Mon to Fri: 9.00am – 5.30pm  
Every Third Wed: 9.00am – 8pm  
Every last Saturday: 10am – 2pm

Fax: 020 3802 7080

W: [www.brentcarerscentre.org.uk](http://www.brentcarerscentre.org.uk)



Please read this if,  
you are aged 8 - 18 years  
old and look after some-  
one who cannot manage  
without your help.



Charity No: 1066691 Limited Co. No: 3354038



# Are you a Young Carer?

If you are aged 19 or younger and look after some one who is ill, disabled, frail, has a mental health issue, suffers from substance abuse or an addiction, and they cannot manage without your help then YOU are a Young Carer!



## Is Available for YOU!

Gemma is 12 years old, her mum's not well so she does most of the cooking and cleaning and helps mum to look after herself. Sometimes she has to miss school to help mum. If Gemma's story reminds you of yourself, then call us NOW!



If you care for someone, call us now and find out how we can help you!

**We could help you to cope better caring for your relative and still have time 4 u!**

## Brent Carers Centre YOUNG CARER SERVICES

- **Information, Advice & Signposting**  
Find out about your rights as a Young Carer; and what support we can offer to you, we also will tell you of other support services you may find useful.
- **Advocacy & Representation**  
We can support you as a young carer to ensure your views, issues, wishes and feelings are heard and understood by other people in your life. E.g parents, teachers and other professionals.
- **Young Carers Support Group**  
A chance to meet other young carers and access peer support from others who are in a similar situation as you.
- **Trips & Activities**  
We plan a range of free fun activities for Young Carers ensuring you have enjoyable free time just for you!

We have an experienced staff team who will can also advise and support you on a range of issues, such as money & benefits, your health and well being, careers advice, training and employment; and support for the whole family.

## Would YOU Like To Know More?

Please complete this Brent Carers Centre form to be included on our mailing list for our quarterly newsletter as well as receive other useful information such as support activities, training workshops & services for carers. To register please complete this form and return to our address below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone No: \_\_\_\_\_

Email: \_\_\_\_\_

Who do you care for? \_\_\_\_\_

Where did you see this leaflet?

*(Please ✓ below)*

GP  Library  School  Council

Other  *(Please state)* \_\_\_\_\_

**Return to:** Brent Carers Centre  
Willesden Medical Centre  
144-150 High Road, Willesden  
London NW10 2PT