

OUR LIFE

SPRING 2021

The future is bright, the future is yours!

Over the past year you have faced a lot of changes with school, friendships and in your social activities but as we move to happier times, everyone at Surrey Young Carers wants to say that...



Young Carers Action Day on 16th March was all about 'protecting Young Carers' futures' which we all think is extremely important. Our team will continue this work throughout the year to help other professionals and employers recognise and value the skills and qualities young carers have gained. Don't forget to download the *Skills Journal* – see overleaf – to help you identify and record your skills.

As the Government guidance unfolds over the next few months, our team will be busy planning how we can get back to seeing you face-to-face in school and

at our events. We have missed getting together and are excited to see you for some time out, fun and giving you the opportunity to meet other young carers. Our online support will still be there to help us remain connected but as always, drop us a line if you want to talk about your caring role with one of the team.

So, enjoy the sunshine, enjoy being back with your friends at school and roll on the Summer!

Best wishes,

Michelle Harper,
Manager Surrey Young Carers



Take action: sign the petition

Launched as part of Young Carers Action Day is a new petition calling on the Government to require schools to have a Designated Young Carers Lead. This person would have a clear role and guidance on how to identify and support young carers. In Surrey we have the Angel Award for schools, but this would mean that all young carers across the country would get equal support so they can manage their education alongside their responsibilities at home.

Schools already must have a lead for looked after children and children with special educational needs & disabilities so why not for young carers?

You and your family and friends can sign the petition! Let's get all young carers the futures they want and deserve.

<http://chnng.it/V7PByYkHHk>

Young carers climb Everest!

As part of young carers action day (YCAD) on the 16th March, a group of young carers undertook a virtual challenge to climb to the top of Mount Everest.

They walked dogs, cycled, jumped and hopped their way to the top! By the time you read this, they should all be at the summit enjoying a pizza (fingers crossed Dominos will deliver that high up!)





Hello and welcome to Emma!

Hi, I'm Emma and I'm the new Education Advisor in the South East team. Before joining SYC, I worked in a range of leadership roles in primary schools, mainly in South East Surrey and Croydon.

I decided to make the change to try something new and use my education knowledge and experience to support the wider community and the *whole* family. I'm really excited about getting into schools to raise awareness and promote the fantastic support that we offer.

When not at work, I'm often found knee-deep in Play-Doh, paint or building dens in my living room with my little pickle! As a family we love travelling, getting out for walks in the woods or a sea-side stroll with a 99 ice-cream!



Is your school young-carer friendly?

All Surrey schools can work towards our 'Angel Award' which helps them provide the best support possible to young carers. If your school's not signed up, get them to look at the scheme on our website – search 'Angel Award'. And huge congratulations to St Thomas of Canterbury School in Merrow, who've just got the award!

Being part of Surrey Young Carers

We hope you all enjoy being part of Surrey Young Carers.

As part of SYC you:

- Have a welcome event (COVID-allowing)
- Get these regular newsletters
- Are invited to a 'family fun day' every year
- Can attend our 'drop ins' (youth clubs) starting up again very soon at venues across Surrey
- Can join our Young Carers Forum, to share your views and help make positive changes (Search 'have your say' on our website to find out more)
- And get support from our friendly, caring and helpful staff

And don't forget, if things get particularly bad at home, or

you're having trouble at school because of caring, and you need more help, just let us know. We'll see what extra support we can provide. Please, just get in touch.

We were sending you a regular email, but we as we hope to return to much more face-to-face activity, we're halting that for now, but will continue with this newsletter of course. And we are also checking out having more Zoom events too. We'll keep you posted!



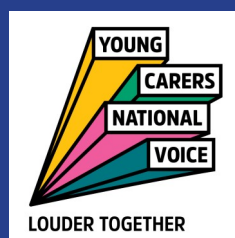
"Surrey Young Carers listen to me and make me feel important. Thank you!" – young carer

Young Minds resource

When a friend confides in us, or tells us they're struggling with their mental health, it can be really hard to know how to respond. We may feel pressure to be their main source of support, or feel as though we have to help even if we're struggling to cope ourselves. This can cause a lot of stress, but there are ways you can help your friend while looking after your own mental health as well.

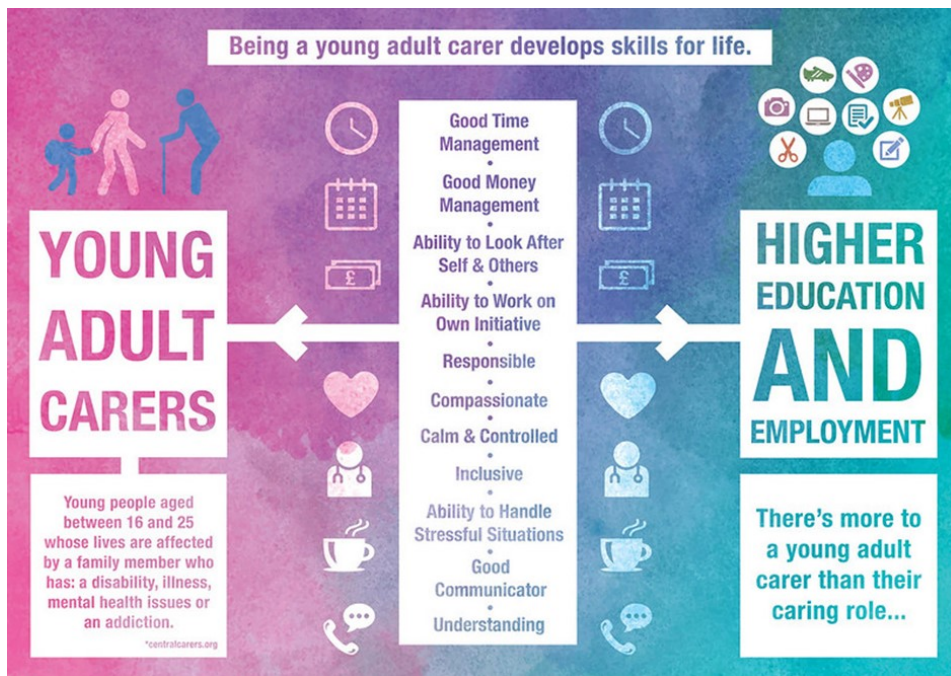
Young minds have advice and tips on how to support a friend – www.youngminds.org.uk

New logo for National Voice of Young Carers!



The National Voice of Young Carers is a collective of young carers organisations from across the country. They have just designed a great new logo.

Young carers developed various messages and visual ideas; a designer worked up five options, and talked them through with the young carers in a Zoom in February, and this is the winner! SYC are very proud to have been part of this.



Share your story?

Would you be interested in sharing your story as a young carer? People are always interested to hear what the life of a young carer is like – the ups *and* the downs.

We'd share it on our website, newsletters etc. Sometimes we're asked by external journalists (radio, newspapers, etc) for people to interview so it would be great to know if you'd be interested in that too.

You can simply email your story to digital@actionforcarers.org.uk. Or we've questions on a survey, here <https://www.surveymonkey.co.uk/r/YoungCarerStories> **Thanks!**

Your skills learned as a young carer

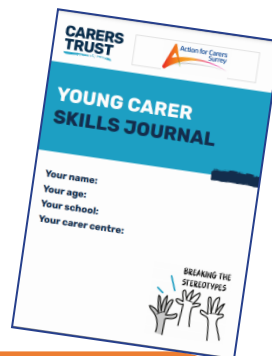
This month we celebrated Young Carers Action Day (YCAD). Being a young carer can have a negative affect on your life, with challenges with school, lots of responsibilities and worries.

However, there's also a positive side. Young carers can develop some powerful skills through caring. Things like time-management, confidence, resilience, and empathy – as well as really practical things like being able to cook, clean and manage money.

So this year's YCAD focused on these skills; a big part being helping young carers recognise – and shout about – their skills.

To help, Carers Trust produced a *'Skills Journal'*. This helps you think about and identify your skills, and note them down. You can then use this as a reference when you move on to further education, or apply for a job.

Download the *Journal* here: www.actionforcarers.org.uk/wp-content/uploads/2021/02/skills-journal-add-your-own-logo-1.pdf



What do you think of our events?

If you've been invited to a SYC event lately, what did you think of it? Please complete our super-speedy survey! It's here:

www.surveymonkey.co.uk/r/SYCEvents2021

Follow us!

If you're old enough to be on social media, and have a Facebook, Twitter or Instagram account, please follow us! We post lots, take a look:

Twitter @CarersSurrey

SYC Twitter @SYC_YoungCarers

Insta action_for_carers_surrey

Facebook ActionforCarersSurrey



Bright Carers – a few spaces left (Years 10-13)

Are you a young carer in Years 10-13 looking for advice about your next steps in education or your future career? Would you like free, 1:1, tailored support from a mentor with experience of higher education and the work place?

The University of Surrey and Brightside's Online Mentoring Programme is a flexible, free online opportunity to speak to a mentor with experience of higher education and work. At your own pace, via the app, you speak to someone to guide you through the options. It's all text-based.

There's only a few places left, so register your interest soon
<https://brightsidesurveys.typeform.com/to/ohuKZrCY>

Shop and support

If anyone in the family is doing shopping online, please let them know about 'Easy Fundraising'. You can raise money for SYC at no extra cost! **Please just search 'Easy Fundraising' on our website** www.actionforcarers.org.uk to find out more. Thank you!

Lots of new info for young carers around 18+

We believe that information is power, and we are handing it to you!



Housing

If you're looking to find your own space, we've got all the options on housing here...



Returning to learning

Thinking about going back to learning, here's the info you need to help you on your way...



Higher Education

For answers to your questions about how and when to get a degree, look here.



Working and caring

Juggling work and caring might need a bit of thought but



Apprenticeships and caring

This route might be right for you if you can handle being



Financial help

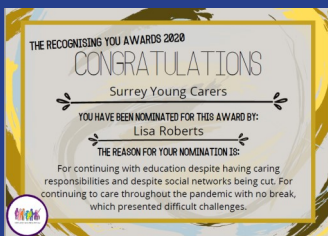
Find out more about help that might be available to you

If you want to know what goes on for 18-24 year olds, check out our new webpages: <https://www.actionforcarers.org.uk/who-we-help/young-adult-carers-18-24/>.

Our young adult carers have made videos, podcasts and blogs about their lives and how we help. There's also great information with links to help young carers work out what to do when you reach 18.

Young carers in Surrey were nominated for an award for the way you had all coped during the pandemic. You all carried on caring and trying to keep up with your school work, without having any breaks or being able to see your friends.

At SYC we thought that you were all heroes and you deserved some recognition. Surrey County Council thought so too and we hope you all enjoyed receiving a copy of the award!



Can you share our new poster?

Enclosed with this newsletter is a new poster, that tells other young people all about our support for young carers like you. Do you think you can share it? Maybe you can put it up in a window at home, or the local supermarket, or high street noticeboard. If you can, thank you! **You can download this and other posters here:** www.actionforcarers.org.uk/about-us/our-publications/

Fab fundraiser – Congrats Gracie!

Congratulations to SYC fundraiser Gracie. She set herself the challenge of '7 miles in 7 days' to raise funds for us – and ended up doing 12.96 miles and raising £282! Well done Gracie, and a huge thanks from us! She said:

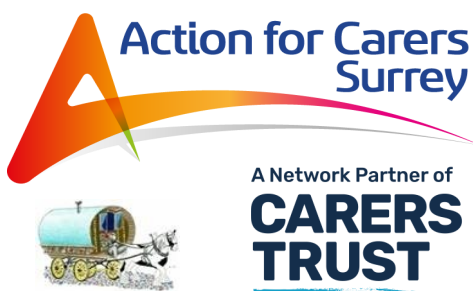
"SYC is absolutely amazing and they support me because my life can be very challenging and difficult. I find life tough sometimes because my Dad has epilepsy and because my sister is autistic with learning disabilities. These things cause a big impact on me and SYC really helps. SYC support me and other children that have siblings or parent that need care just like me. It's nice to know I'm not alone!"

Search 'fundraising' on our website to find out more ways to support us!



7 miles in 7 Days

PIC-COLLAGES



CONTACT US Call 01483 568269 or email SYC@actionforcarers.org.uk

Surrey Young Carers is part of charity Action for Carers Surrey.

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