

OUR LIFE

SUMMER 2024

🌸 Hello from Michelle 🌸



Dear young carers,

It's been a busy time! We've said a fond farewell to Claire G, who was with us for 8 years, but we've welcomed Ami, our new Education Lead, as well as Becky and Jo who you will see at our events.

It's finally near the end of the school year. This can be a tricky time. Between assessments, school events, and still getting homework, there can be so much going on that is can be challenging for everyone... including your families. While it's important to go with the flow, it is also important to try and maintain as much normality as possible.

It can be an uncertain time thinking about getting ready to move up a year after summer and not being a part of your current friendship groups. But don't forget, it can also be very exciting – a time of new beginnings and independence. **If you would like someone from the team to help with any concerns you have with your caring role and education, please just get in touch** 😊. We also have some fab resources for young carers transitioning from year 6 to year 7, and year 11 to year 12 that we can send you. Just ask!

There is a fun packed summer coming up at SYC and it will be great to see as many of you as possible at our events, meeting others, having fun and trying new things. Now let's bring on the sunshine, we've waited long enough!

Michelle

Michelle Harper, Manager SYC, Action for Carers Surrey



Hi! I'm Leona and I am a young carer who did work experience at Action for Carers for a week this June.

I have been your guest editor for this edition of the Newsletter.

Hope you enjoy 😊

Leona



Child Trust Funds

If you were born between 2002-2011 you may have a Trust Fund account available for you to access from the age of 18. Some people don't realise they have this!

More here www.gov.uk/government/news/almost-430000-young-people-urged-to-claim-their-cash

Caring for someone with dementia?

If you help care for someone who has dementia, there's a tool called i-support designed for you.

Aimed at 11-17 year olds, it looks to help you take care of you, as well as how best to help the person you care for. It's here:

www.isupportdementiacarers.co.uk/ And watch this video https://www.youtube.com/watch?v=Wqz_LaQkHNQ where young carers talk about the tool and how it helps.

There's also a research project from the Universities of East Anglia and Exeter, with carers aged up to 15 who are caring for someone with dementia – looking to establish what young carers really need. More here: www.actionforcarers.org.uk/wp-content/uploads/2024/06/UniEastAngli_CareCoach_Dementia-Young-Carers.pdf



NEWS IN BRIEF

Youth Employment UK

Youth Employment UK are running a session with Carers Trust for young carers aged 15-17 to talk about your experiences of where you live, study, work or train. Info shared will be used to influence politicians and educators. Online, Wed 10th July, 5-6pm. Sign up here <https://forms.office.com/e/OKQE8k0Qcg>

GLive Free Events

Guildford's GLive has some fun free events and activities you might be interested in. Firstly, on Saturday 6th July, 10am-1pm there a free Family Fun Day – a whole morning dedicated to creative workshops, mini performances, and activities for everyone to come and take part in. No need to book in advance, just turn up on the day!

Secondly, they regularly run a Craft Café at The Café at G Live. It's completely free and suitable for all ages and abilities. Come and learn some new skills!

Joke corner!



What do you call a dog on the beach in the summer?

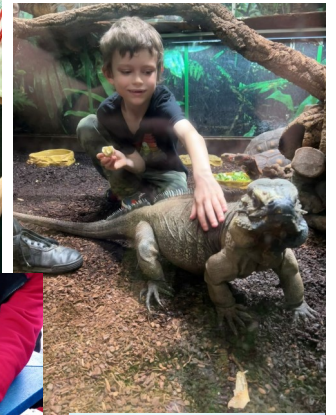
A hot dog!

Why do bananas use sunscreen?

Because they peel!

What's been going on?

Just a few images from some recent events. From below right, clockwise: under 8s at the petting zoo; Jack and iguanas; Mane Chance horse session; Pizza Express Reigate; Hever Castle trip; Lego workshop.



Can you share YOUR story to help other carers?

We've got carers' stories– including lots of young carers – on our website www.actionforcarers.org.uk/carers-stories/

We'd love to have more young carers share their stories. It helps other young carers, because they can see people going through the same things as them, and also helps the public understand caring better.

Interested? You can either just send your story and a picture of you, or that can represent you (this is optional!) to digital@actionforcarers.org.uk.

Or fill out this simple form and we'll get back to you!

<https://uk.surveymonkey.com/r/YoungCarerStories>



Thank you Azets!

A very BIG thank you to an intrepid group of accountants from company Azets who climbed Mount Snowden in the WORST possible weather (*see pic!*), to raise money for us to help support young carers.

Thunder, lightening, torrential rain, they had it all. Katie from the team said

"I don't think we would have all faced our fears and made it up if we had not been doing it to raise money for such a brilliant charity!"

A huge thanks to them! If you know a company that might like to get involved this way, there's info here www.actionforcarers.org.uk/get-involved/

Summer has arrived!

Feeling your best in Summer: top tips!

Many people love summertime as the daylight has a positive effect on many of us, but it can be harder with a caring role. If you are looking for ways you can have some fun whilst staying safe, take a look at some of our ideas to help you.

Get creative

If you are feeling crafty there are many activities you can do ranging from decorating a rock/pebble, (see images for some inspiration), or making a textured picture using things you find outside (sand, grass...)



Get moving

Exercise is the best way to get outdoors in the fresh air and clear your mind, from taking a short walk, going for a bike ride or going to the skatepark. This will give you a break from your caring role and is opportunity to meet up with friends.

Always remember

To apply sunscreen to stop the redness and have your favourite drink on hand and plenty of water to keep you hydrated.

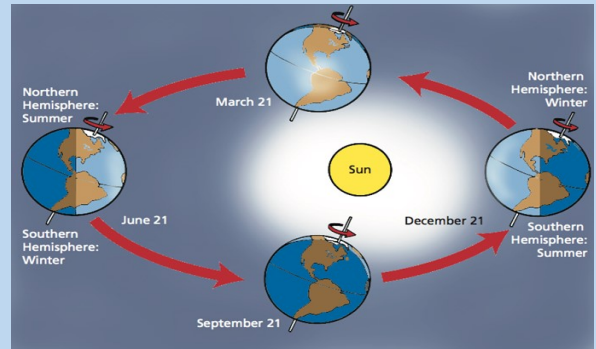


Food

Summer is the perfect time to enjoy your favourite ice-cream/lollipop, or fruits such as strawberries or watermelon which are most popular in summer (see recipe back page!)

It's important to include lots of fruit AND veg in our diets to improve how we feel and keep healthy.

FUN FACT The astronomical definition of summer states that between the 1st June and 31st August the Northern Hemisphere (where England is on Earth) is tilted towards the sun on the Earth's axis, meaning we receive more daylight hours. This is what is known as the Summer Solstice!



Relax

For a carer we know this can be difficult, but it's important you try and find ways to relax for your mental health, especially for those who have just finished and are awaiting results – we understand this can be a stressful time.



If you need guidance on how to take some time out, we have you covered with our new **Carers Relaxation Guide** on hand to help you with relaxation exercises and techniques. (Call us for a copy and we'll post it out— it's full of cat pix too!)



Have a read

Immerse yourself in a good book, whether you try something new or dig out one of the old favourites. This is a great way to relax and take a well deserved break.

Are there other carers in your family? A sibling over 18, parent, grandparent?

Please let them know our Adult Service can help them too! It offers information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, resources and much more. **They just need to register: www.actionforcarers.org.uk/register-with-us/ or by phone on 0303 040 1234 (option 2).**

Our support for young people



Find out about all the support we offer young carers here: www.actionforcarers.org.uk/who-we-help/young-carers-under-18/

Got a yummy recipe to share? Send it in, and we'll print it!

Fancy a simple sweet treat?

Don't forget to ask an adult for help if you need it.

INGREDIENTS

- Strawberries
- Your favourite chocolate – any kind will work!

Strawberries covered in chocolate

METHOD:

Step 1 - Use 2-3 big bars of your favourite chocolate and break them up into small pieces

Step 2- Place chocolate in a pan or microwavable bowl - depending on whether you use a stove or microwave

Step 3- Wait until the chocolate has fully melted, then cover your strawberries
And enjoy!



Carers week!

Even though there's Young Carers Day in March, young carers are also included in June's Carers Week – which highlights the amazing job all carers do and encourages everybody to celebrate them.

A fun highlight was decorating the Instagram-famous #ComptonPhoneBox covering it with messages from young and adult carers and colourful bunting!

We had events for carers during the week, helping them relax – including lots of craft activities, like rock painting. Some fab examples shown!



Call on 0303 040 1234, option 3 or email SYC@actionforcarers.org.uk

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