

OUR LIFE

AUTUMN 2024

Hello from Michelle



Dear young carers,

I hope your summer was enjoyable and restful, juggling caring, fun and some well-deserved relaxation. Returning back to education as a young carer can be both rewarding and challenging.

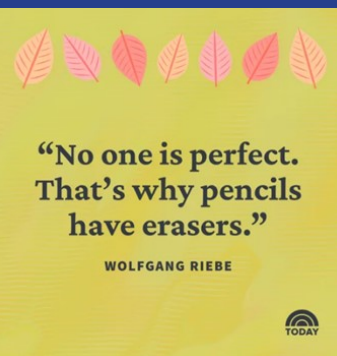
It's really important to remember that balancing your caring responsibilities with school work requires strength and resilience. Try and talk to your teachers about your situation; they can offer support and understanding. There maybe a young carers club at school that you can attend and meet others who care like you.

Remember, taking care of yourself is just as important as taking care of others. You're doing an incredible job and we believe you will navigate this new school year successfully.

A quick reminder about Transition Packs for Year 7 and Year 10 students. Please reach out to us if you haven't received your transition pack yet. We're here to help ensure you have the resources you need for a smooth start in secondary school and year 10. Just get in touch.

All the best,

Michelle Michelle Harper, Manager SYC, Action for Carers Surrey



Joke corner!

Why did the maths book look sad?

Because it had too many problems!

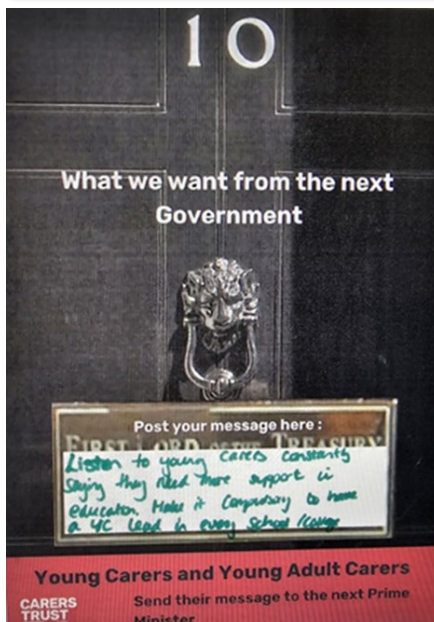
Like our website?

What do you think of our website? Do you ever look at it? Could it better?

Please respond to our TINY survey. Thank you! It's here: www.surveymonkey.com/r/ACSwebsitesurvey



What young carers want from Government



Lots of young carers from across the UK sent messages to national charity Carers Trust, for the new Labour Government. Perhaps you were one of them?

The messages have now been delivered to No 10 Downing Street, as well as shared with the All Party Parliamentary Group for Young Carers and Young Adult Carers.

The aim is to keep young carers top of priority lists! And ensure those in power can really understand young carers lives.

CARERS TRUST

What's been going on?

Just a few images from recent events. From left, (zig-zagging down): activities at Walton Firs; Painshill Family Day Fun; Forest School; Bockets Farm; at ACS Cobham; time for tennis!; High Ashurst; Farnham Creative Workshop; and a Hobbledown day!



The Big Listen

Young people's response to Ofsted's Big Listen

Over 4,000 young people responded to the Big Listen Ofsted survey earlier in the year.

This was to find out what you wanted from Ofsted and for them to understand how they could improve.

Click on the link to hear more about what was said: https://www.youtube.com/watch?v=w0_fdsp_Oi8 (less than 2 mins.)

Our response to children



Life on the water



Some of our young carers tried out paddleboarding early this summer. ACS's Emma C ran two events, in Woking and Shepperton. One of the young carers attending absolutely loved the experience and has since got herself hooked on paddleboarding and in fact all water sports!

She's realised she loves the water, and these activities make her feel really confident. As well as the paddleboarding, she's since gone night-fishing, and has joined a local sailing club where she'll have windsurfing lessons.



On paddleboarding she said **'Stand up, paddle out, and let your worries drift away!'** If you've been unsure about trying something new – one of our events or something else – be inspired by her, and give it a go!!

Meet the team...

We thought we should remind you of everybody in the team!

We also have Ami, our Education Lead (right) and Samantha Youth Development Lead joining us soon!



Team Manager Michelle, Jenny, Support Co-ordinators Manager and Jill, CYP Co-ordinators Manager



Support Co-ordinators: Eileen (no pic) Nic, Paul, Chantel and Becky



CYP (Children & Young People) Co-ordinators: Emma, Russell, Sarah, Ellie and Jo



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 tasty treat? Let's get cooking!

Never better nachos!

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

INGREDIENTS

- A bag of corn crisps
- 1 ¹/₄ cups of grated cheddar cheese
- Chopped olives (optional)
- Cooked bacon pieces (optional)
- Sliced green onion (optional)
- Sour cream and/or taco sauce

METHOD

Step 1 Spread the corn crisps/chips in a single layer in a baking pan

Step 2 Sprinkle your grated cheese over the crisps/chips

Step 3 Add the optional extras you'd like— olives, bacon pieces, onion

Step 4 Bake in a 200oC oven for two-three minutes, until the cheese melts.

Step 5 Transfer to a serving plate, and top with sour cream/taco sauce.

Eat and enjoy!!



Has your school got an Angel Award yet?

Loads of Surrey schools have signed up to our Angel Award, and have achieved the standard, demonstrating that they are truly 'young-carer' friendly, and do all they can to identify and support young carers.

But not all schools have! If your school hasn't, can you let them know about the scheme, and give them a nudge!

It's entirely free, and our staff can help. The school needs to achieve eight standards – things like having a Young Carer Club, and doing assemblies on caring. It's straightforward, and very achievable. It will help all the young carers currently in the school whether identified as a young carer yet or not.

You, or your school, can read all about the scheme here <https://www.actionforcarers.org.uk/for-professionals/schools-colleges/the-angel-award/>

Go on —send the link to your Form Tutor today!



Action for Carers Surrey



A Network Partner of
CARERS TRUST

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

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

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