



### How to contact us

Young carers , young adult carers and their families can contact Surrey Young Carers for advice, information and support.

**Call 01483 568269**

Email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk)

[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)



### Our services include:

#### Adult Carer Support

**Call 0303 040 1234 or text 07714 075993**

[carersupport@actionforcarers.org.uk](mailto:carersupport@actionforcarers.org.uk)

Please contact us for advice, information, advocacy, training and access to other information to support you in your caring role.

#### Moving and Handling **01483 533645**

There is a Moving and Handling team at ACS. They can help you if you have to move someone as part of your caring role, perhaps the person you care for is in a wheelchair or needs help getting in and out of the bed, chair or car. They can provide you with advice and guidance to ensure that you are moving the cared for person safely and can assist with accessing any

[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

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**Supporting young carers and young adult carers up to age24**





## Who are young carers and young adult carers?

Carers can be any age and include children and young people under 24 living in a family where there is long-term illness, disability or drug or alcohol misuse.

In Surrey there are currently an estimated 14,000 children and young people who care.

Caring can affect the emotional, educational and social development of the child or young person. Surrey Young Carers works to reduce the impact of caring by providing advocacy, support and opportunities.

## Did you know

Many young people don't recognise themselves as being a young carer and are unaware that help is available from:

**School or college.** Young Carer Link Workers provide support to young carers and their families.

**Social Services.** Young carers can ask for a Young Carer's Assessment which may entitle them to extra help.

**Doctors.** Young Carers should register as a carer with their GP surgeries to make sure they are supported in their caring roles.

## How we can help

Surrey Young Carers works with young carers, young adult carers and their families and creates opportunities to socialise with other children and young people who are in the same position. All our support and interventions inform and guide carers in their caring journey and help them realise their aspirations.

We run issue-based groups and workshops, including fun activities across Surrey to give young carers and young adult carers time out from caring and help them reach their potential. We also give all carers a chance to have their say about the things that affect them.

