

# OUR LIFE

**JUNIORS**

WINTER 2019-2020

## Drop Ins and Youth Clubs

Did you know we now hold lots of youth clubs across Surrey for young carers at senior and junior school? You just pop along when you want and leave when you want — it's very relaxed. You can try new activities, make new friends and simply have a lot of fun!

### North East Surrey

Youth club drop ins for juniors (aged 8+) and seniors at **Shepperton** Youth Centre on the second Tuesday every month. In **Epsom & Ewell** there are fortnightly clubs with Mytime (<http://www.mytime4youngcarers.org/>) In **Elmbridge** there is a weekly Thursday club (contact Gary Nash – 07837 342614). "It's a chance to get away from my role, the staff are fun and there are good facilities". For more information please contact Emma Cleverdon on 07841 558602 or [emma.cleverdon@actionforcarers.org.uk](mailto:emma.cleverdon@actionforcarers.org.uk).

### North West Surrey

The NW YC2 (Youth Club for Young Carers) is on the second Tuesday of each month at The Old Dean Youth Centre in **Camberley**. Juniors is 4pm-6pm from age 8 up to year 6. Seniors from 6.15-8.15pm is for Year 7+. It's a chance to relax and have fun—there's lots of on offer, including baking, arts & crafts, games, and sports (including pool and basketball). Next dates: 10 Jan, 11 Feb and 10 March. Find out more from Erin Hinzman on 07720 599943 or [erin.hinzman@actionforcarers.org.uk](mailto:erin.hinzman@actionforcarers.org.uk).

### South East Surrey

Drop-In on the second Monday of every month at the Malthouse Youth Centre, Mill Lane, **Dorking** RH4 1DX. There is table football, table tennis, pool, giant jenga and board games, plus music area, arts and crafts and lots of snacks on offer. Juniors (year 4-6) 4-6pm; Seniors (year 7-10) 6-8pm. For info contact Beccy Spyvee on 07977 222 051 or email [Beccy.spyvee@actionforcarers.org.uk](mailto:Beccy.spyvee@actionforcarers.org.uk).

*"I like coming here because I can meet new friends, have someone to talk to and they know how I feel."*

Young carer, aged 9 / *"I come to have some space and have people to talk to."* Young carer, aged 14 / *"I come because it is a nice environment to just hang out and chat."* Young carer, aged 14

## Update from Michelle

*"In a blink of an eye, we say goodbye to 2019 and hello 2020! It has been an exciting year for me, as I managed to leave my dark and dingy office and attend some of the fun events we ran over the summer months. It was lovely meeting you all and hearing about how you help support your family members.*

*Later in the year, SYC hosted a conference for professionals and I was amazed by the young carers and young adult carers who presented and took part. I know your stories and conversations really hit home with the professionals that attended. Now we have to make the pledges and actions real for you! We are hopeful that you will see some positive changes in the way you're recognised and supported in your caring role."*

**Michelle Harper, SYC Manager**



The **SYC Forum** have been busy writing, planning and delivering the professionals conference that took place in October at Dorking Halls. 27 young carers and young adult carers were involved from beginning to end. Three chaired the conference, others ran workshops, were scribes, did 'meet and greets' and with the stands.

We were very proud of all the young people who took part. Everyone contributed in a way they felt comfortable with. It was a very positive experience for everyone, and really helped build self-confidence.

Information from the day is being pulled into the Young Carers Strategy – which will be turned into a visual guide for professionals. The Forum will meet again Jan and will discuss the Strategy and other topics including well-being boxes, planning for Young Carers Awareness day, and new resources for SYC.

## Welcome to Sarah



*"I have come from the Guildford Family Support Team and before that worked with the Guildford Children's Centres, so I've always worked with communities and families. I love making things happen for people. Outside work, I enjoy running (because I enjoy eating!); watching rugby and time with family and friends."*

**Sarah Black, Senior Coordinator South East**

## Young Carers at the Theatre

Lots of our young carers were able to enjoy a trip to the Panto with Action for Carers this Christmas. Oh no they didn't, oh yes they did!



## Christmas Cheer

We were delighted to receive gifts from some friendly Surrey companies and businesses this Christmas, for us to pass on to some of our young carers. A particular thanks to Reed Recruitment and Eagle Radio.



## Crossword time!

### ACROSS:

1. Daily tasks, with no choice (4/4)
3. We do this to be supportive, it's our role (6)
4. (and 6) Something we don't have much of, but when we do we really value it (4)
5. Doctors prescribe this and we sometimes give those we care for (10)
7. People we trust who are not family (7)
10. Doing things when they need to be done, not being late (4/7)
15. Getting advice when we need it. (7)
17. The county we are in (6)
18. Vocalising our thoughts and feelings (7)

### DOWN:

2. Some days it can be this, some days it can be better (9)
3. Talking, listening, body language, emotions (13)
6. Something we don't have much of, but when we do we really value it (4)
8. Under the age of 21 (4)
9. Some of things we do requires a lot of this (5)
11. Being considerate of others (4)
12. We have to take a lot of this at a very young age (14)
13. What you need to do when we ask for help (6)
14. Things we enjoy/ like doing when we have time (7)
16. Sometimes we find hard to do this with those outside our role (4)

### Crossword Answers

**DOWN:** 1 Hardwork; 2 Stressful; 3 Communication; 6 Trust; 8 Young; 9 Time; 11 Kind; 12 Responsible; 14 Hobbies; 16 Talk  
**ACROSS:** 3 Caring; 4 Free; 5 Medication; 7 Friends; 10 Timekeeping; 13 Listen; 15 Support; 17 Surrey; 18 Therapy