

OUR LIFE

JUNIORS

SPRING 2020

Update for all our young carers



As of 17th March, Surrey Young Carers have had to take the tough decision, alongside government guidance, to cancel our face-to-face work and events with young carers for at least four weeks. This will be reviewed and we will be in touch to let you know what's happening.

The team is still working and can be contacted on the phone or by email, if you want to chat about your caring role. Keep your eyes peeled for updates on our website and social media. We hope you all keep safe and well ☺.

Michelle

Michelle Harper, Manager, Surrey Young Carers

PS Lots more helpful advice on coping right now here: <https://www.actionforcarers.org.uk/coronavirus-advice-for-young-people/>

How to get in touch:

Tel 01483 568269 / **Email** syc@actionforcarers.org.uk

Twitter _YoungCarers / **Facebook:** Action for Carers

Our strategy — a quick guide

You might remember reading about the work we've been doing with our young carers to develop our *Young Carer & Young Adult Carer Strategy for Surrey*. (See last newsletter—here www.actionforcarers.org.uk/newsletter-sign-up/)



The key findings are now in a 'quick guide' for all Surrey's professionals to use. It outlines your wishes and priorities, information about young carers, and how best to support you. We hope you get to see this displayed in places you visit to show that practitioners understand and are committed to meeting your needs.

The link to the poster is at the bottom of this page: www.actionforcarers.org.uk/for-professionals/schools-colleges/our-strategy-for-young-carers/ (or just search 'young carers strategy')

Wellbeing boxes topped up



We were chuffed to get a HUGE donation of goodies for our 'Wellbeing Boxes' from the team at Mole Valley Adult Social Care.

As you'll remember, we put out these boxes of handy toiletries and 'goodies' at our groups for young carers to help themselves as needed.

As we're not currently running groups we will use these supplies to top up our boxes, when things start to get back to normal.



Congratulations to The Priory School, Dorking — they have achieved the criteria for our young carer Angel Award! They join a growing list of schools which have achieved the Award and we are so pleased—it makes such a difference to the young carers in these schools.



The scheme will be slightly on hold for the moment, but many teachers are now aware of it and are hopefully considering how they might get involved, when the schools go back.

You can see a list of all the schools awarded so far on our website, plus a link to the scheme for anyone — teacher, pupil, parent — www.actionforcarers.org.uk and search 'Angel Award Schools'.

Learning and fun!

As you know, for the time being, we can't hold any young carer events but here are some recent highlights, and the sorts of things we hope we'll all be able to get back to in a little while.

In the South East, a group of young carers enjoyed an amazing session at **Dorking Fire Brigade**, learning more about the service and having some hands-on practice!



And another group enjoyed a fantastic day at **Surrey Hills Radio**, finding out more about radio recording and producing — essentially being DJs for the day!



Does your GP know you're a young carer?

If your GP knows you are a carer, they can support you properly and understand your situation better. On our website is a link to a simple leaflet with a form which you can complete on line and email to your GPs, or post to them.



Go to our website and search 'register with your GP'. Questions? Call us!

These are difficult times for all us - and as young carers you already have a lot on your plate.

Please remember you can call us for support on 01483 568269 and lots of info here: www.actionforcarers.org.uk/coronavirus-advice-for-young-people/

Mental health apps

There's lots of helpful apps for mental health, like Kooth, Headspace, Calm, MindShift, Happify, Moodfit, Moodtools, Elefriend, Reach Out, Pacifica, Emoodji, and NHS Wellmind. More on our website.



30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29	Day 30	What was your favorite day?	
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile		