

# OUR LIFE

**SENIORS**

SPRING 2020

## Update for all our young carers



As of 17<sup>th</sup> 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](mailto: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/](http://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/](http://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](http://www.actionforcarers.org.uk) and search 'Angel Award Schools'.

## Supporting your wellbeing

These are difficult times for all of 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 we've got lots of useful updates for coping during this time: <https://www.actionforcarers.org.uk/coronavirus-advice-for-young-people/>

If you are particularly worried about your mental health, especially if you're self-isolating, here's some helpful information and links. And don't forget to try and let your GP know you're a carer — see box below.

[www.healthysurrey.org.uk](http://www.healthysurrey.org.uk) has lots of helpful advice, including on mental health.

[www.youngminds.org.uk](http://www.youngminds.org.uk) has an Online Crisis Messenger for young people experiencing a mental health crisis and offers 24/7 support.

[www.giveusashout.org](http://www.giveusashout.org) has crisis information, with a text service available 24/7. Text SHOUT to 85258.

[www.minded.org.uk](http://www.minded.org.uk) is for families and offers safe and reliable advice about young people's mental health, created by experts and parents.

[www.childrenshealthsurrey.nhs.uk/ChatHealth](http://www.childrenshealthsurrey.nhs.uk/ChatHealth) is a text service enabling young people at Surrey's secondary school to reach out to a school nurse team to ask for help on a range of issues confidentially.



### 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.



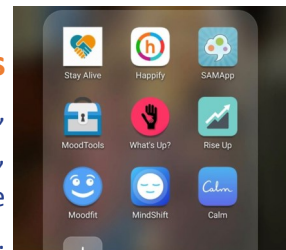
**Go to our website and search 'register with your GP'.**

**Surrey's mental health crisis helpline – 24/7 (free) 0800 915 4644.**

**[www.sabp.nhs.uk](http://www.sabp.nhs.uk) Safe Havens Surrey's** Adult Safe Havens will stay open from 6pm-11pm every evening but will focus on supporting people who are experiencing a mental/emotional crisis only. More on CYP Havens on their website.

### Mental health apps

There's lots of helpful apps for mental health, like Kooth, Headspace, Calm, MindShift, Rise Up (for people with eating disorders), Happify, Moodfit, Moodtools, Elefriend, Reach Out, Pacifica, Emoodji, and NHS Wellmind. We'll look to include more information on these on our website.



### Wellbeing workshop for young carers



In February we ran a wellbeing workshop which was attended by fourteen young carers who learned more about keeping their bodies well. This included, physical injury prevention techniques of lifting, carrying everyday items and sitting postures.

We made some delicious smoothies using a bike (!) and talked about how what we eat makes our bodies and minds feel. Lastly, we had a taster session of yoga/Pilates which was fun and relaxing.

Some good tips were taken away from the day along with hand made crafts, including painted stones and dream catchers. A fun day was had by all!