

July 2020



# 18-24 Network

**You are not alone**



# What's been going on?!

## Creativity in action: sculpture



Luckily, just before lockdown we had a totally new experience working with an artist to create a joint sculpture at Farnham Maltings.

It was a luxury to have a day out to learn techniques of cutting, carving and burning wood. Our tree sculpture expresses the challenges, rewards and support we need as carers.

We later met up on Zoom and decided on a poetic title: *Together we can grow toward the light.*

The next step is to see it hanging in public to raise awareness about our lives.



# Mexican magic

**Fifteen of us enjoyed an evening bowling and eating Mexican food at Chiquito in Crawley. The ladies demonstrated their bowling prowess!**

Ryan took some amazing photos for us to look back on. And we all enjoyed eating something different.

Another great evening together, such a fun group.



## And relax...

We were able to host a Wellbeing workshop in the spacious, relaxed setting of Woking Mind. Arts & Crafts, mindfulness, pizza takeaway and a group full of interested YACs made a great evening.



It was nice seeing some new faces and we were able to support each other through a lengthy discussion about some things that stress us out.

Sometimes it feels good to be heard and we don't always get that opportunity to speak to those like us.



# What we do and who to contact

“During this lockdown time, we are still here for you, although we have had to replace our coffees and chat with telephone conversations.

As we all start to come out of lockdown and think about what our new future looks like, we can be a listening ear and hopefully more too. Just text us and we will get back to you.

At the moment we cannot organise our normal socials, but are replacing them with Zoom chats. They have involved some relaxed conversation, a few

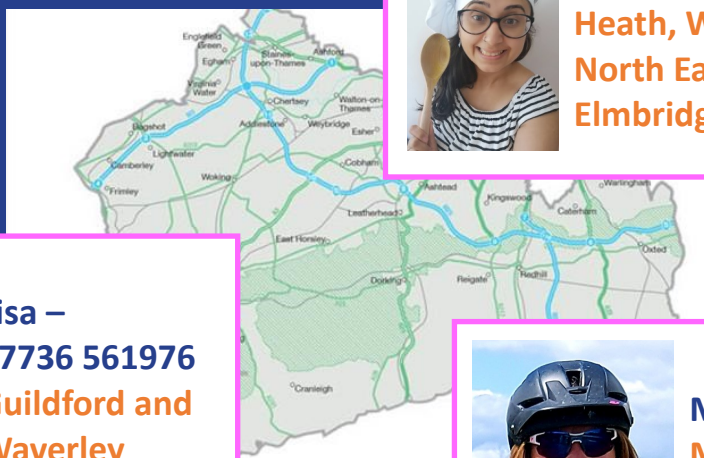
laughs, familiar faces and a bit of quiz-zing and caption making. Watch out for more to come.

If you have any ideas about a topic you would like a discussion about, let us know and we'll try to organise a group chat.

The COVID situation is constantly changing, and we hope to be able to meet up

soon, for one-to-one discussions. We are really missing seeing you all.”

*Lisa, Mel, and Ami*



**Ami — 07966 396218** Surrey Heath, Woking, Runnymede, North East, Epsom & Ewell, Elmbridge, and Spelthorne



**Lisa — 07736 561976** Guildford and Waverley



**Mel — 07823 412078** Mole Valley, Reigate & Banstead and Tandridge

# Your Voice Matters

## Strategy Update

Since October 2019, we have been working in partnership with carers, practitioners and the Local Authority to refresh the *2021 -2024 Young Carer and Young Adult Carers strategy for Surrey*. We are really pleased that this important draft has been circulated to health, education and

social care professionals and was discussed at the last strategy group meeting on 8<sup>th</sup> July. We are aligning our strategic vision and outcomes to the adult carers strategy that is also currently being refreshed.

This will ensure meaningful outcomes for 18-24 year olds, that consider the specific needs of young adult carers and the importance of supporting transitions to adulthood.

## Young Adult Carers Council

A small group has the chance to advise on the running of our organisation, Action for Carers Surrey. Our May meeting was on Zoom, when we planned how we want new pages on our website to look. Our super friendly Chief Executive, Jamie, and Finance Director, Joe, gives us insight on the workings of our charity at every meeting. It's an opportunity to contribute, a great learning experience and also another chance to meet more YACs.

### Jamie



My name is Jamie and I am privileged to be part of the Action for Carers Surrey Team. As Chief Executive, my role is to lead the

organisation, setting a carer-led strategy to improve outcomes for carers of all ages.

I am a former carer myself who cared for my father who had dementia and this has very much helped me in my job.

When not working, I enjoy travel. I have been married for 32 years and we have a cat called Kaspar who, at 5.30 every morning, acts as my alarm clock. I also enjoy theatre (can't wait for its return!), reading and cooking and anyone who knows anything about me, knows that my favourite band is The Beatles.

### Joe



I'm Joe, I work as the Finance Manager, dealing with all our income (from contracts and fundraising) and costs (so paying staff and suppliers).

It's really rewarding to be a part of this organisation and enable the people who work face to face with carers to do their vital jobs!

Outside of work I love my music, especially gigs and festivals. One of the many areas that's been on hold for a few months, but I can't wait to get back to seeing bands live again!

***If you would like to join the Strategy Group or the Council, please let us know. Two more members are welcome — ask for more info!***



# Coming out of Lockdown

Lockdown has been different for all of us, some of us have enjoyed the chance to have quiet, taking time out and enjoying the sun, whilst others have struggled with the isolation and been itching to get out and about. Whichever camp you find yourself in, one question remains – what will the new life be like and how are we going to manage?

Whilst we get excited about all the things we can do, seeing our friends, having our hair cut, beards trimmed, another part of us will be a bit scared. Taking the first few steps out will be a big change.

So if you're a bit anxious, that's OK and probably very common. Take little steps, small outings to familiar places to build yourself up.

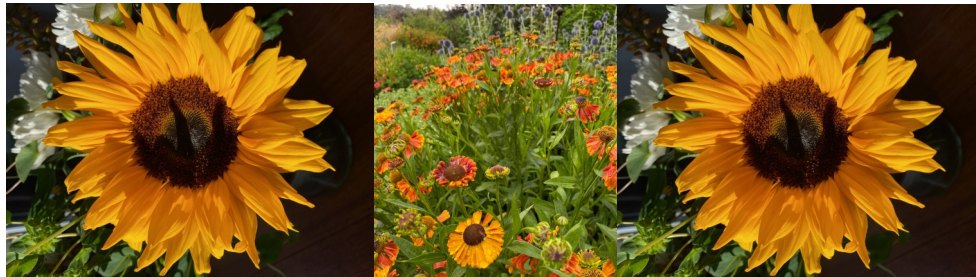
**Change can be an exhausting or an exhilarating process.**

Life after lockdown will be different, no one knows what it will look or feel like. So try and take pleasure in all the small things we can do, picnic with friends in the park, eating a burger drive thru..

**To help you move forward...**

2020 will be a memorable year, commemorate it with the '2020 Memory Maker'. As a family or individual, answer 20 questions from the lists given, you could pick randomly or choose your favourites. Record your answers and keep them as a memory for the future.

<https://amazingapprenticeships.com/app/uploads/2020/05/2020-Memory-Maker.pdf>



**Phone Apps: new apps we've found and all free!**

**Booster Buddy** – virtual animal to help manage your mental health.

**Mindshift** – cope with anxiety.

**Pacifica** – based on CBT: daily tools for managing stress.

**Panic Shield** – support you face panic attacks.

**Penzu** – a place to journal and keep thoughts safe and secure.

**Online support – one to one or groups**

**Ieso** – <https://www.iesohealth.com/en-gb>

**Mind matters.** <https://www.mindmattersnhs.co.uk/>

**Some exercise?**

<https://virtualwellbeing.healthysurrey.org.uk/find-a-session/>

# COVID what we can look back on and smile

**Danica J**



**Emily R** I've been doing screenshot redraws for fun. This anime was the reason I started learning to draw back when I was 13.



**Jacob F** Quarantine update: successfully dug a big hole in the garden, liner is in and the pond is well underway!



**Helena T** I have started painting again whilst in lockdown. I'm giving 10% of sales to The Brain Tumour Charity, because my dad has two brain tumours.





# COVID a time for reflection and making plans for moving on....

## David's story

'I suppose the simplest way to explain it is, I picked an end goal I wanted to achieve and worked backwards.

I came to the realisation that I want to work in the space industry, so to get there I need to go to University. So I researched the requirements and how long it would take and what it would require from me, which are A Levels.



### Goals Roadmap

So I planned out how much that would cost and how long it would take for me to do that from home, which lead to me making a budgeting spreadsheet, a time management spreadsheet and a roadmap for all the little goals I want to accomplish, how much time and money I need invested to take me to the end destination.

Some of the little goals are getting my own apartment in a couple of months and have completed my A Levels in a year's time.'

Goal	Timeline	Timeline	Timeline	Timeline	Timeline	Timeline
1. Get A Levels	2020-2021	2020-2021	2020-2021	2020-2021	2020-2021	2020-2021
2. Get University	2021-2022	2021-2022	2021-2022	2021-2022	2021-2022	2021-2022
3. Get Job	2022-2023	2022-2023	2022-2023	2022-2023	2022-2023	2022-2023
4. Get Apartment	2023-2024	2023-2024	2023-2024	2023-2024	2023-2024	2023-2024
5. Get Car	2024-2025	2024-2025	2024-2025	2024-2025	2024-2025	2024-2025
6. Get Married	2025-2026	2025-2026	2025-2026	2025-2026	2025-2026	2025-2026
7. Get Children	2026-2027	2026-2027	2026-2027	2026-2027	2026-2027	2026-2027
8. Get House	2027-2028	2027-2028	2027-2028	2027-2028	2027-2028	2027-2028
9. Get Retirement	2028-2029	2028-2029	2028-2029	2028-2029	2028-2029	2028-2029
10. Get Grandchildren	2029-2030	2029-2030	2029-2030	2029-2030	2029-2030	2029-2030
11. Get Great Grandchildren	2030-2031	2030-2031	2030-2031	2030-2031	2030-2031	2030-2031
12. Get Great Great Grandchildren	2031-2032	2031-2032	2031-2032	2031-2032	2031-2032	2031-2032

## Oscar's story

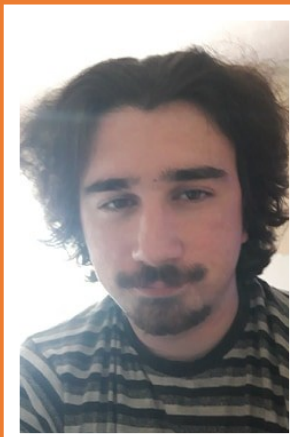
I was starting my Final Major Project at College when the pandemic caused us all to adapt. So, from the comfort of my own home, in my own time, I completed my college work, a static 3D scene with a dynamic camera.

### Time to Think

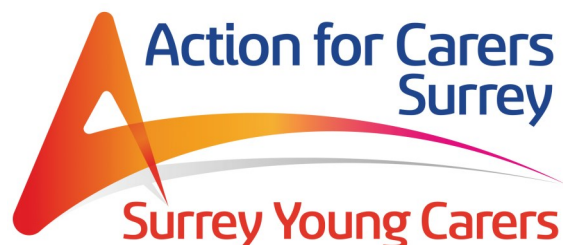
My career goal is to be a character designer for video games. I've had so much more free time to think about other projects I'd like to do. I have also taught myself new techniques for designing and trying to work out the best way to get the results I want. My portfolio is larger and stronger.

During the pandemic, I have managed to sort out my practical preparations for study at university. I selected my first choice, chose accommodation, applied for student finance, and opened a student bank account! As I am dyslexic, I am applying for disability finance too and with the help of Surrey Young Carers, got a grant towards the specialist dyslexia assessment I need to qualify.

Now I feel prepared to move on to a new stage of my life, age 24! This pandemic has given me time to fill my head with inspiration for projects, I hope to one day turn it into games that the world can play and perhaps my characters will be on a console one day.



# More info?



## Looking after someone? We look after each other

It's easy to miss out on getting help if you don't know what's out there or who to ask!

If you're aged between 18-24, live in Surrey, and care for someone with an illness, disability or addiction, the Young Adult Carers network is here to help you.

If you'd like to find out more about how we can help, then please get in touch! Email us at [yac@actionforcarers.org.uk](mailto:yac@actionforcarers.org.uk) or call 01483 568269.

And find lots more on our [website: www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

### Did you know you can message us on our secret Facebook page?

We don't work 24/7 (!) but we will get back to you within a few days if you have any questions. If you aren't in the secret group yet, text us with your name and we can add you.

Text Mel 07823 412078 or Lisa 07736 561976

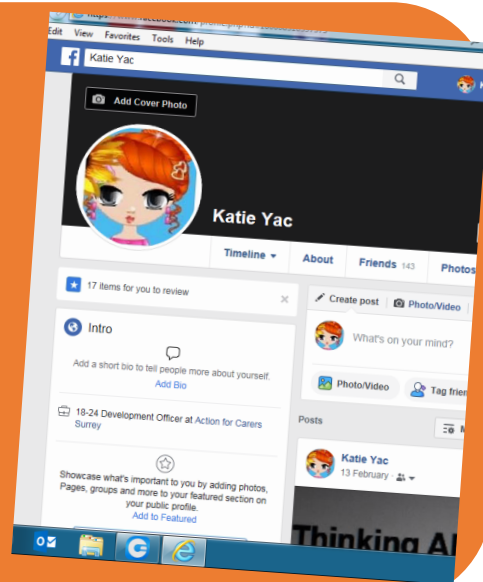
#### Social Media

Don't forget to follow our main Action for Carers social media for lots of updates and information too:

**Twitter** @CarersSurrey / as well as @SYC\_YoungCarers;

**Instagram** action\_for\_carers\_surrey;

**YouTube** Action for Carers Surrey.



#### Action for Carers (Surrey)

Registered Office: Astolat, Coniers Way, Guildford GU4 7HL.  
A Company Limited by Guarantee. Company Number 5939327.

Registered in England & Wales with Charitable Status.  
Charity Registration Number 1116714.

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