



Join In!

January 2021



18-24 Network

You are not alone

What's been Going on?!

Wellbeing Zoom

Over 3 evenings, a group of YACs spent time relaxing and were shown different practical ways to look after yourself. Everyone was sent kits beforehand which were used during the sessions, to relax and take time out. We did taster sessions in mindfulness, colouring, treasure-box making for storing our de-stress and meaningful items.

Some comments at the end: 'I realised...'

- How to be present in the moment
- That I am not the only person who gets overwhelmed
- That my wellbeing is important
- Gratitude, to be grateful for the smaller things.
- Balance of life, in all aspects and recognizing when routines have fallen out of balance and are causing stress.



We plan to run Wellbeing Zooms again in spring.

Shout if you're interested!

SE Zoom Social

Several of us had a fun evening on Zoom, and were pleased to include a few people from their university rooms. The acting ability for Truth and Lie was really outstanding and left us very confuddled.

Was the snake the lie or meeting or meeting Samuel L Jackson? Mega quick guesses with Pictionary. Some friendly competition, was taken in good humour, and prizes in the shape of Amazon vouchers were awarded. Several of the players asked for the next one to be sooner...!



Crazy Golf

Just before lockdown, a handful of YACs had an evening of adventure golf shenanigans, in a

COVID-safe outdoor environment.

When I say shenanigans, I mean golf balls ending up in the stream, losing golf balls, a moving raft to get to the next hole and scary dinosaur sounds during play.

We had some downtime afterwards with some nibbles and chat about lockdown experiences and steps moving forward. It was cold and rainy for most of it but nice to get out and be in good company. Looking forward to doing more Zoom events now until the weather gets better but thanks to those that came.

What you've been doing!



Cooking lots of delicious food! Thanksgiving feast even though we're not American - we just love food 🍴



I've been making hats 😊 have started selling them with my sister

Horse riding/working ❤️

Working on adding some more bits to my shop.

Playing Among Us 🎮

Working and doing applications!!

Cross stitching a tapestry of a Roman pattern

Working on a script for a TV series idea I have, and this is just one of them 😊😊



What we do and who to contact

“During the tier restrictions, we are still here for you — although, we’ve had to replace our coffee and chats with phone conversations, or Zoom. Since our last newsletter, we did manage to see a few of you face to face which was lovely. Until we can beat this disease, we can be a listening ear and hopefully more too. Just text us and we will get back to you.

At the moment we are back to Zoom chats, which we know is not ideal, but it is what we’ve got. We love seeing you and are

working hard to bring you some interesting, fun Zoom events. So if you haven’t already been to one, please give it a shot at your next invitation. And if you have any ideas about a topic you would like a discussion about or a group activity, let us know.

The Coronavirus is constantly changing, and we hope to be able to meet up again soon, for one-to-one discussion. We are really missing seeing you all.”

Lisa, Mel, and Ami

It is said that pets look like their owners. So match our furry friends to the YAC worker. We will give a credit to the first 4 people who send us the correct match.

PS We give credits for those who help us in any way. 3 credits equals an Amazon £15 voucher.

Lots of you earned vouchers through our FB page last term.



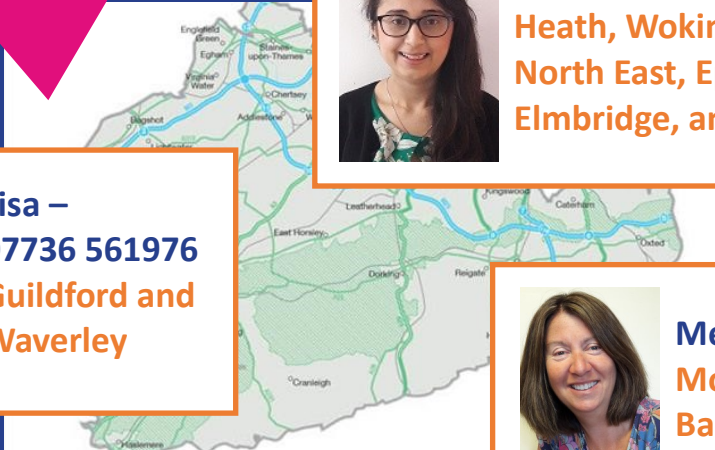
Ami — 07966 396218 Surrey Heath, Woking, Runnymede, North East, Epsom & Ewell, Elmbridge, and Spelthorne



Lisa — 07736 561976 Guildford and Waverley



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



Your Voice Matters

Young Adult Carers Council

A small group has the chance to advise on the running of our organisation, **Action for Carers Surrey**. We've recently had 3 creative meetings about improving our young adult pages on the website. Many fantastic contributions, including videos, blogs and the start of a podcast series have been created.

All of this, plus lots of essential information to help your decision-making will soon be going live on www.actionforcarers.org.uk.

WANTED

WANTED: Share your experiences to help others!

More blogs and podcasts for our website are needed.

And we have spaces on the Council for two new members, so don't hesitate to text **Lisa** on **07736 561976** to find out more.

Survey – what you told us about this crazy year

Each year we conduct a survey to get **feedback from you to find out if we can make any improvements to the support, events and activities, we offer.**

Because of COVID-19, we thought it was important to ask you about your experiences to help us understand any extra challenges that have come your way and to make sure we keep doing the right things to help you.

Thank you to everyone who completed the survey, we received 76 responses in total, so 21% of you got back to us, this is a great result considering all the extra demands of this year!

You said — the best things we can do to help you as we are living with COVID/lockdown longer-term are:

Top 3

1. Doorstep deliveries **46%**
2. Texts from your Support Co-ordinator **22%**
3. Zoom social activities **14%**

Closely followed by information packs and face to face socials

What we are doing:

Gathering in more lovely toiletries and goodies for wellbeing packages and when we can, plan to pop round to the doorstep of those of you who need this the most!

Continuing to keep in touch with you as much as we can, via texting and calls

Planning our Zoom activities to get us through the winter months

We are following government guidance closely to see when we can get back to offering you some face to face activities and hope this will be very soon!



ZOOM IN!

Amazing events for YOU

We have some fantastic Zoom events coming up — sign up for as many as you like!



Comic Club, Manga

Guided sessions for beginners or more confident artists
Kawaii, Chibi, Shoujo, Shonen, Pokémon etc

Tuesday 19th January, 6:30pm



Fun and Games

Hang out, take part in some fun activities with the team and stay connected

Tuesday 2nd February, 6:30pm



Chat and Craft

Enjoy creative and relaxing craft activities while improving your wellbeing

Tuesday 16th February, 6.30pm



Even Keel – Workshop part 1

Meet others, focus on you, your caring role and wellbeing

Tuesday 23rd March, 6.30pm



Even Keel – Workshop part 2

Meet others, focus on you, your caring role and wellbeing

Tuesday 30th March 6.30pm

To book, please message one of us – or email yac@actionforcarers.org.uk

Money, money, money...

It seems that this year one of the things that has been especially hard on many of us, is having less money coming in. Not being able to work, or losing our job.

There are places to get different kinds of support...

Money in...

It is worth asking the question. Am I and/or my family getting everything we are entitled to?

E.g. **Universal credit?** This can be for low income, not just unemployment. <https://www.gov.uk/apply-universal-credit>

Carers allowance? If you are not in full time work or education, and look after someone who has PIP at the higher rate. <https://www.gov.uk/carers-allowance>

Personal independence payments for those you care for. Strict criteria. <https://www.gov.uk/PIP>

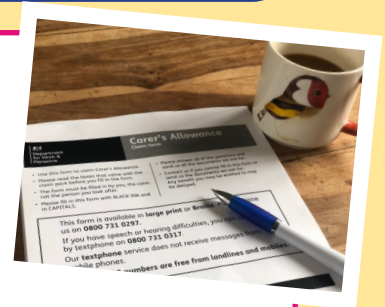
Your family can check on this **calculator** to make sure they are getting all the correct benefits. <https://www.turn2us.org.uk/Benefit-guides/Beginner-s-Guide-to-Benefits/Checking-benefit-entitlement> The website also is really good at explaining all the benefits that are there.

Or book an appointment at the **CAB** to help you through the financial checking situation. <https://www.citizensadvice.org.uk/>

Useful benefits factsheets. <https://www.carersuk.org/help-and-advice/financial-support>

COVID support:

www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work



In education?

Remember to talk to your college/sixth form about a **bursary**. They have specific 16 to 19 bursaries if your family has a low income.

Each university will have a student support department. These could have emergency funds for you to apply for.

Remember to get a student bank account, many offer interest free overdrafts. Not ideal, but can help in an emergency.

Emergency situations

Foodbanks operate all over Surrey, run by local charities. Food vouchers can be sourced from Citizens Advice, social services, many churches and schools.

This national charity has several locations in Surrey: <https://www.trusselltrust.org/get-help/find-a-foodbank/>. If you don't find a local one, contact your support worker. There are many other charities that run food banks, e.g. in Cranleigh, Godalming and Guildford. Some towns have charities that supply meals too (including Guildford).

Crisis fund

Each borough in Surrey has a crisis fund you can apply for in an absolute emergency. This could be if your universal credit, or wage does not come in as expected. They will only pay for specific things e.g. food, emergency travel costs and things to keep you safe.

Money, money, money...

Finding work

It's tough in these COVID times, but some people are finding work.

Talk to your careers service at college or university.

Ask around, look in shop windows, and use all the contacts you, or anyone else you know has!

Job centres and the National Careers Service can help: <https://nationalcareers.service.gov.uk/contact-us>

YAC team can help too....

We can sometimes apply for money on your behalf, especially around education, work and getting a break. So let us know if we can help. Do you need:

- IT equipment to do your college course?
- College revision books?
- Clothes for job interviews?
- Anything to help with your job hunting?
- Funding to pay for something to give you a break from your caring role?

Please get in touch!

Making your money go further

If you're not already, think about...

- Comparing deals, and swapping contracts — i.e. phone, gas/electricity, insurances and get quotes to change when they are nearly over.
- Looking for cash offers when switching banks.
- Buying a reusable coffee cup.
- Remembering 'Best before' date on food is not the same as 'Use by'.
- Buying food in evenings when prices may be reduced.
- Check out international and baby aisles in the shops – can be 75% cheaper

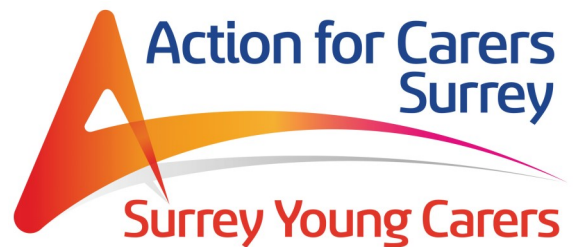


- Extreme couponing and price matching.
- Easy filling food e.g. noodles, rice, porridge, that are cheap and quick to cook.
- Family subscriptions to Amazon Prime, Netflix.

For more money saving advice take a look at <https://www.moneysavingexpert.com/>



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 or call 01483 568269.

And find lots more on our website: 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

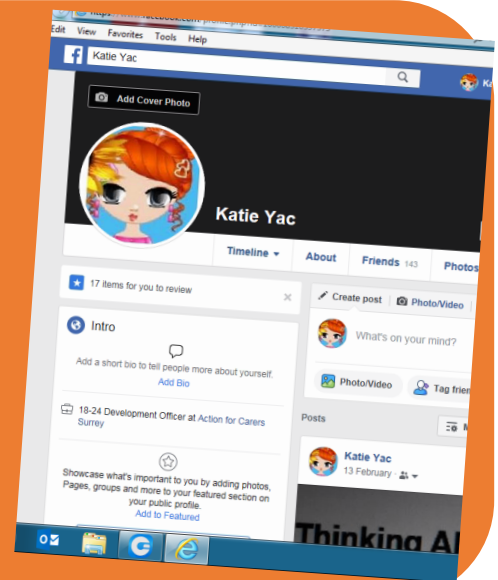
SOCIAL MEDIA

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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