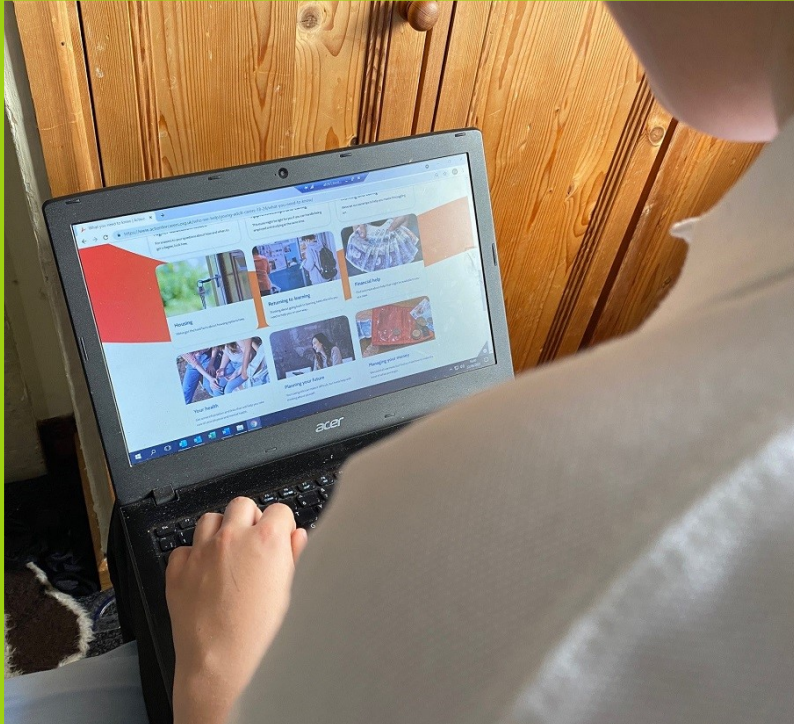


June 2021



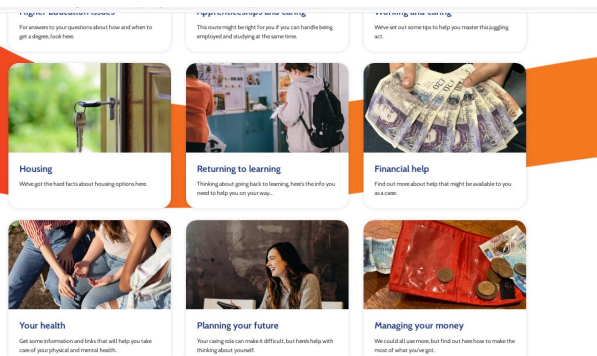
Everything you need to know!

*Visit our new website section,
covering, well, everything you
need to know as a young
adult carer! MORE INSIDE!*

18-24 Network

You are not alone

18-24 Website Support



Check out our new website pages on www.actionforcarers.org.uk! You'll find videos, blogs and podcasts by young adult carers. The area called 'What you need to know' has 9 great information sections. Contact us if you need help with anything you see here. Thanks to our fantastic Council members for making this happen!

What you Need to Know: <https://www.actionforcarers.org.uk/who-we-help/young-adult-carers-18-24/what-you-need-to-know/>

A tough year – but look what you've done!

It may have been a tough year but there have been some awesome stories too.

A tremendous well done to Lauren who is on her way towards achieving a First. Go Lauren!

In Lauren's words:

"I have some amazing news and I just had to let you know because you've been a part of this crazy journey of mine. I can't believe I'm saying this but I could be on track for a First."

In one of my modules I got 85% which is just such an incredible achievement which I'm so proud of, and well, I never thought I would get to this point.

So obviously big shout out to you guys as well, thank you for everything you do and for all the other carers like me that you support!"



As a YAC team we are so excited about being able to have a coffee and chat individually, or having a fun relaxing time at our social events. We've planned a great summer day out so we can all enjoy a real break! (*See page opposite.*)

These are some of the things you are looking forward to doing...

Simeon: "day trips to the beach"

Kesia: "hugs"

Zoe: "actually meeting all my new friends I've made on our Zoom YAC sessions"

Josh: "going to check out charity shops for clothes, and stuff for my house"

Spencer: "travelling again and escaping to Scotland"

Cathrin: "having a tour of England with my partner to celebrate our two year anniversary"



It's here!

YAC SUMMER OUTING

Wednesday 11th August

**High Ashurst,
Dorking
10am-4pm**

**Come and meet other
Young Adult Carers for a
day out, good company
and free food! Open to
the adventurous and
the not so adventurous!**



Challenge 1 (High): High Ropes and Climbing Wall

Challenge 2 (Medium): High Ropes, Archery and Team Building

Challenge 3 (Low): Woodland Skills, Archery and Team Building

**Pick-ups available from Guildford station at 9am AND
Dorking station 9.30am or meet at High Ashurst at 9.45am**

 **Text Ami, Lisa or Mel to book**

 **or email YAC@actionforcarers.org.uk**

Choose your challenge and book by: Friday 23rd July

More info?



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

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

Mental Health Support

If you're in need of Mental Health Support, please get in touch with one of these organisations:

Local Safe Havens

Virtual Drop in Centres are open in Aldershot, Epsom, Guildford, Redhill and Woking 365 days a year. Hours vary so check out <https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

Or call Surrey and Borders' **Mental Health Crisis Helpline** on: 0800 915 4644 or by SMS text: 07717 989 024

Or **Samaritans** on 116 123 or email them at jo@samaritans.org

Or use a text helpline – text **SHOUT** to 85258



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.

©Action for Carers Surrey. ACS004_06.21.