

# Join In!

January 2022



## 18-24 Network

**You are not alone**

# What's been Going on?!

## High Ashurst August

It was wonderful to meet up as a whole county for the first time. And what a day we had, 27 people enjoyed lots of different challenges.

Some of us had our feet firmly on the ground and improved our archery techniques, made fires, and cooked popcorn!

The adventurous types, swung from ropes and jumped off on to a trapeze. The ultimate challenge was tackling the climbing wall blindfolded!

Whatever activity we chose, we made new friends, enjoyed the teamwork and did not want the day to end!

See some of our comments from the day. 



## What you said...

*"Gained a new sense of self confidence, especially after forcing myself out of my comfort zone with the high ropes challenge."*

*"Good day and did something I don't normally do"*

*"High ropes, it was really fun, being so high was a crazy experience."*

*"New friends and a lot of fun. Enjoyed!"*

*"Gained trust from others because they helped me complete the activities."*



## Winter Socials

As always, we cannot wait to see you and treat you. The SE area managed to slip in a quick social before Christmas and really enjoyed a three-course Chinese meal. Even the biggest eaters were 'stuffed'!.

Between courses we did team challenges, making Christmas figures out of pipe cleaners, and total credit to Ryan who somehow 'flicked' his After Eight down his face straight into his mouth. A world-record pace, and definitely too quick to catch on a photo!

**As for our other areas, we will keep you informed on your socials giving you something to look forward to in the New Year!**



# What we do and who to contact



Hi,

**I am really excited to have joined the YAC team.**

This role is a little different for me, I have always wanted to help people within the work I do.

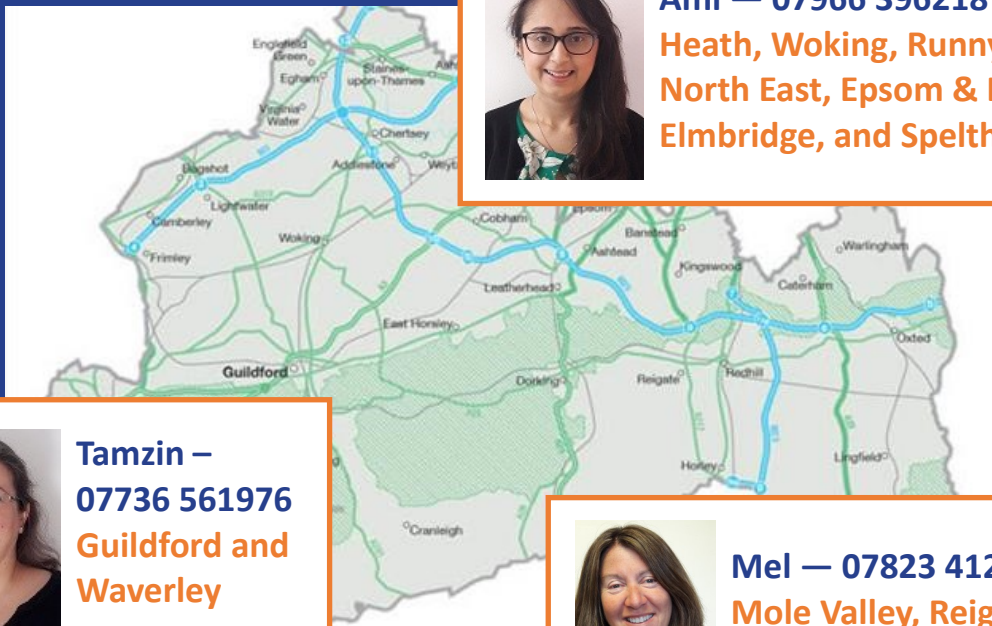
I was previously a police officer working within specialist public protection investigation teams and prior to that I worked as part of the response team which included dealing with the emergency calls received by the police.

Before joining as a police officer, I worked as police staff for a few years within custody, where anyone under arrest would be processed.

In complete contrast I have also taught ice skating to many people of all ages and abilities, after skating competitively myself from a young age.

A few years ago the caring I was providing to family members increased and I was referred to Action for Carers, I found the advice I received invaluable and I now hope I can provide you with the support you deserve.

**Tamzin**



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



**Tamzin —  
07736 561976  
Guildford and Waverley**



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

# What we have been doing...

## Wellbeing Events

**We spent a couple of lovely days at Polesden Lacey and Hampton Court chatting about different ways we can take care of ourselves.**



### At Polesden Lacey

**Taj led the sessions and kept reinforcing that we need to be kind to ourselves, to keep us strong.**

We tried different ways of doing this for example colouring sheets, breathing techniques and actively thinking about how we can make time for ourselves and who else can support us.

### Emptying the stress bucket

Have you heard about the stress bucket? Our lives get filled up by loads of different stresses, from the alarm going off in the morning, to worries about getting everything done in a day. It's important we have ways to let out some of these stresses, before they overflow and cause chaos! These can be anything from a walk, music, art to 5 minutes in the bathroom doing breathing exercises!

We had a scrumptious lunch and then spent some leisure time exploring the beautiful houses and gardens together.

At Polesden Lacey we were treated to a back of the house tour which is out of bounds for

the general public. There were huge, spooky toilets, valets' quarters in the attic and the King's bedroom with his mistress's room next door!

### At Hampton Court Palace

**At Hampton Court Palace, we gelled together very well and made new friends.**

We had an enthusiastic member of the group that had wonderful memories at Hampton Court and educated everyone on the tour.

Thank you to the person that brought their car and let the others put in their new goodies and workshop resources whilst they went to explore the site together.



# What we have been doing...

## Money Workshop

We had a fast-paced online, informative budgeting workshop delivered by **The Money Charity**. They explained credit score, budget planning and the best ways to save. Everyone left with a wealth of information, here are some of the top tips:



### Top tips

- Have a look at Credit Building Credit Cards which helps to build your credit score.
- A 'thin file' refers to the credit report of someone with little or no credit history, which everyone has when they are 18. Your file will grow as your credit history grows.
- Visit Trainsplit.com to save money on long train journeys. It splits your normal journey tickets to make it cheaper without changing your route. This may benefit those who travel to University or your next trip away.

### Links... take a look for more useful ideas

- ⇒ <https://www.moneyhelper.org.uk/en/everyday-money/credit-and-purchases/how-to-improve-your-credit-score>
- ⇒ <https://www.moneysavingexpert.com/loans/credit-rating-credit-score/>
- ⇒ <https://www.experian.co.uk/consumer/help-discover/discover/guides/the-invisibles.html>
- ⇒ <https://www.moneyhelper.org.uk/en/money-troubles/coronavirus/use-our-money-navigator-tool>

## Uni Workshop

It was good to discover that many of you started university this **September**. Freshers from every area of Surrey joined a really informative Zoom session. Julia, one of our members, was 'our expert' and was amazing at sharing her wisdom and experiences.

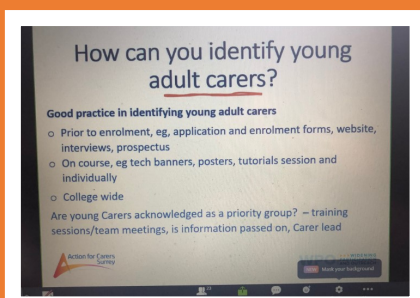
**Top tip** – Check out your university's support department. Tell them you are a young carer and see if they can support you.

The Arts University of Bournemouth and Bath University have reportedly been generous to young adult carers this term. It is worth asking as every university is different.

## Informing Surrey Colleges about Young Adult Carers

Together with Surrey University we organised a Zoom session and 30 representatives from Surrey colleges came to listen. Three young adult carers informed the participants about their educational journeys and what the colleges could do to improve their educational lives.

It was very hard-hitting, and the college staff were very moved with the honesty and strength of feeling. The session topics were about financial support, access to good career advice and flexible support whilst at college.



# Carers' Assessments

## Did you know that you don't have to do ALL the caring?

**It may not feel like it, but you have a choice in how much caring you have to do.**

A Carer's Assessment is a discussion to find out about you and the caring you do. The aim is to discover more about your circumstances and if more support would help you and the person you care for.

The point of the Carer's Assessment is to make it possible for you to achieve other goals you may have in your life while also supporting your loved one. It can help you think about how to balance education and employment while caring.

***Let us know if you are interested in talking to a carer practice adviser, and we will help you.***



### Naomi's story

**I originally asked for a carer's assessment after realising there was stress in my life, from the lack of support I was receiving for my mother, affecting my mental health, education. I was her only carer.**

A social worker from Social Services came to our home and did an assessment on my mum. This meant talking to her and myself to find out what help we both needed to support us. My mum was apprehensive at first to accept help as she felt like she was losing her independence. I explained to her that it would make things easier for her. As I was eager to go to university, it was important for both of us that she accepted this help. Thankfully my mum was very supportive of my decision to go to university and agreed that the support would be beneficial for her. My mum needed support with house work and shopping, as well as just having someone to talk with once I had left home.

The beginning of the care started when I left for university. Again, there was the pull from my mum at times – and still is – with accepting help which has made it very hard at times, but without that care we both know things would still be as difficult as they were.

I have now finished university and got my degree, and choose to continue to live and work in Liverpool. My mum still receives care four times a week in her home in Surrey. The Carer's Assessment allowed my mum to get the support she needed which has helped her physically and mentally, but it allowed me to begin my own life away from home still knowing my mum received the care she needed when I'm not there. Social services have taken a huge load off for both me and my mum which I'm grateful for.

### James's story

**My GP put me in contact with my local carers association to set up an assessment.** This involved talking about my care roles, who I was caring for, how this was affecting my life and what would be beneficial support from the team. I care for my disabled dad, special needs brother and sometimes my mum. They were initially a little hesitant to get help as they wanted to be as independent as possible, but once we had a trial care package for them, it got a lot better.

My parents now have a care team that help them with day to day activity, and my brother is now in assisted living. Being able to not worry about needing to provide support has allowed me to go to work, and then go to university without feeling guilty or needed to travel home a lot, and opened up time for my social life and having fun.

# What happens when you turn 25?

## So what happens when I turn 25?

**Don't worry, Action for Carers is here to support you until you're 105!**

### What you said

**Thank you to those 33 people who responded to our Survey Monkey about moving up to our Adult Services.** 26 of you said you would like to receive emails about the range of activities our adult section offer.

You asked, "let me know about the differences in advance" and "know beforehand". This refers to having more information about our Adult Carer Support Services prior to 'moving up' to the service. We are still all part of the same organisation, Action for Carers.

Two of you asked to chat with their new worker and asked if "I can have someone who I can talk to about anything". Others asked for more activities, including sports, nature walks and at a

time in the evening when those who work can attend.

### What will happen?

Around the time you become 25 Tamzin, Ami or Mel will phone you and ask if you wish to 'move on' to the adult service. With your consent, we will pass your details on to the team of Adult Carer Support Advisors in your area who will be in contact with you. Sometimes we can all meet up together.

The Carer Support Advisor will be able to meet you on a one-to-one basis to support you either via Zoom, phone or if able, face to face.

The adult service has a range of social and information events. These are on Zoom as well as in-person activities taking place across Surrey.

***Take a look at what is coming up, below, you are free to join all our events. Visit the Events section of [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) for more information and to sign up.***

## Action for Carers' events for you!

Visit [www.actionforcarers.org.uk/events](http://www.actionforcarers.org.uk/events) to see all our upcoming events, open to all carers (aged over 18). There's a mixture of information, relaxation and social activities to pick from. Some are face-to-face, some are on Zoom. Here's a couple happening in January:

### Mindfulness Sessions

We all know mindfulness is good for us, but how do you start?

Take some time for yourself. Join us for mindfulness sessions where we'll practice techniques to promote your wellbeing and reduce your levels of stress.

#### Monthly evening sessions (Zoom):

**10 January,  
14 February,  
14 March,  
7-7.45pm**



### Illustration Workshop

Join professional illustrator James Parsons to learn to draw whatever you would like using professional skills and techniques.

Whether you are a keen beginner or a more accomplished artist, here is a chance to use your imagination and create.

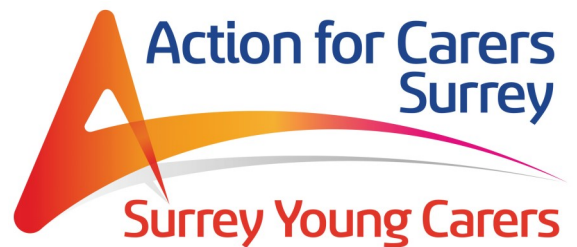
#### One off workshop (Zoom):

**12 January, 12-1.30pm**



**TO BOOK call us on 0303 040 1234 option 1, or email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)**

# 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.

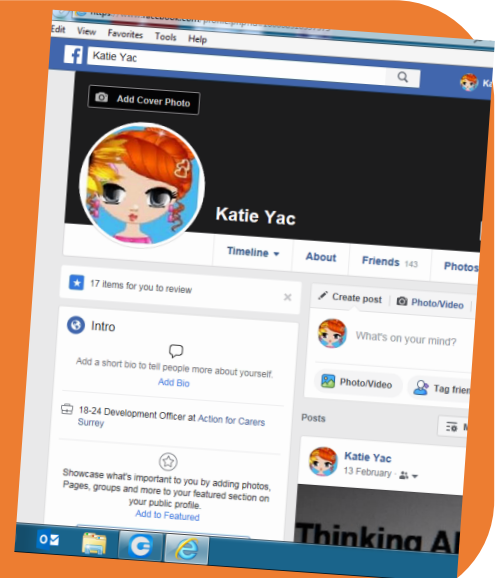
#### SOCIAL MEDIA

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)

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