

# OUR LIFE

Juniors SPRING 2022

## Hello from Michelle



To all Surrey Young Carers, I hope you are all enjoying the brighter weather, it certainly feels good to have some sunshine and see the flowers blooming.

Our organisation has been through a busy time since

October 2021, writing lots of bids for the Carers contracts in Surrey. We are pleased to announce that we have been awarded the Young Carers contract until 2027.

We know we are the right organisation to support Surrey's young carers and whilst we go through a time of change, we will continue to provide support to you and your family. As always, if you have any questions about the service please drop

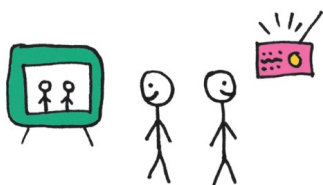
us an email at [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk) or call on 01483 568269, we are here to help.

Finally, as you know SYC is part of Action for Carers Surrey — and it's ACS's 30th birthday this year! We're proud to have been supporting Surrey's carers for such a long time. Keep an eye out for further updates throughout the year.

**Michelle Harper,**  
Manager Surrey Young Carers  
Action for Carers Surrey



## Young Carers Forum Animation – launched!



**Marking Young Carers Action Day on March 16th, our Young Carers Forum launched a fantastic new animation video.**

The video explains what young carers enjoy about being part of our Young Carers Forum – which exists to hear the voice and share the experiences of young carers in Surrey. Working together this way is a great way to counter isolation – the focus of this year's Young Carers Action Day.

The young carers wanted to tell others about the Forum, and how it feels to genuinely 'use your voice' and make a difference. It really is the voice of our young carers and shows how much participation means to them collectively and personally.

A huge thanks to Elly and Hannah at Farnham University for the Creative Arts for their assistance,

and of course to all the young carers whose ideas, words and voices, made the video the wonderful resource it is.

You can find it here, or visit the news section of our website to find the story and the link. [https://www.dropbox.com/s/ra18eag6sqccp6j/YOUNG\\_CARERS\\_MASTER\\_EDIT\\_04-WITH-VO.mp4?dl=0](https://www.dropbox.com/s/ra18eag6sqccp6j/YOUNG_CARERS_MASTER_EDIT_04-WITH-VO.mp4?dl=0)



## News in brief



### Vote for Rowen

SYC Rowen is hoping to be elected a Surrey representative for the national Youth Parliament. Her campaign is based upon her representing the voice of young carers. You can see Rowen's campaign video here, and it underneath is a link to vote. Good luck Rowen!  
[www.youtube.com/watch?v=2a1C7ATJMto](https://www.youtube.com/watch?v=2a1C7ATJMto)

### Exam help

If you're feeling stressed about upcoming exams, here's some sites for good tips:

- [www.youngminds.org.uk/young-person/coping-with-life/exam-stress/#Dealingwithexamstress](https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/#Dealingwithexamstress)
- [www.youngminds.org.uk/young-person/blog/exam-self-care/](https://www.youngminds.org.uk/young-person/blog/exam-self-care/)

### Autism helpline

There's an Out of Hours helpline to help families struggling with difficulties related to needs such as autism or ADHD. Skilled and friendly advisors will talk carers/families through ways of calming down difficult situations. **Open 5pm-11pm, 365 days a year. The number is 0300 222 5755.**

## Young Carers Action Day 2022!

It was a really busy Young Carers Action Day (YCAD) this year. We were part of multiple events taking place across the county.

These included: creativity sessions at Farnham Maltings; fabulous wellbeing bags given out at Langshott Primary School, donated by Stripey Stork; a beautiful cream tea in the very grand Gatton Hall with young carers of Royal Alexander and Albert School; celebratory cakes and fun at Whyteleafe Primary, and a big event at New Monument School in Woking. Many of the schools we support also marked the day

themselves, like Guilford Grove.

We also held training sessions for teachers, and a big stand at St Peter's Hospital, Chertsey, where professionals pledged their support.


As well as this, we had Michelle H and young adult carer Lucy spoke passionately about young carers on BBC Radio Sussex/Surrey (Listen here [www.bbc.co.uk/sounds/play/p0bqj4vl](https://www.bbc.co.uk/sounds/play/p0bqj4vl))

Michelle was also part of the launch of a brand new national venture, the Young Carers Alliance, launched the day before YCAD.

### Free lunch at Nandos

And we had a special event with Nando's in Woking. A group of young adult carers got to find out more about working there, and the flexible carer-friendly working they provide, and Nando's got to talk to the young people about how to be an even more carer-friendly employer.

We also promoted a powerful survey from national charity Carers Trust, which shared figures on just how stressed and isolated sadly many young carers are. They called for more investment in social care and support. And Young Carers National Voice produced some fab new resources. **Read more on our website news pages.**



**CARERS TRUST** Action for Carers Surrey

**WHO'S MISSING? IS IT YOU?**

Are you missing out on social activities, class or opportunities because you're looking after someone in your family or a friend who is ill, disabled, or has a mental health problem or an addiction? You might be a young or young adult carer and there's support available for you.

Find out more at [Carers.org/young-carer-support](https://Carers.org/young-carer-support)

**Young Carers Action Day**  
**16 March 2022**

On Young Carers Action Day we are asking people to see who is missing out because they are a young or young adult carer. We want them to take action and help tackle young and young adult carer isolation.

Find out more:  
[Carers.org/YCAD](https://Carers.org/YCAD)  
[#YoungCarersActionDay](https://twitter.com/YoungCarersActionDay)

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This great poster was produced too, to put up in schools. Download it from the news pages of our website (YCAD story).



# Sooth Boxes – for times of stress, to help you de-stress!

## Self Soothe Boxes are for times when revision, exams and life in general can make us feel stressed.

Stress is normal, but when we feel anxious, low, distressed, overwhelmed, angry ie generally stressed, we can get caught up in feelings which don't help us. So, it can help to have a 'go to' thing, to help reduce stresses before they get out of hand.

The idea of a self soothe box is to create it when you are happy and calm, and keep it somewhere safe for example under your bed, or in a drawer. Make sure the box you choose will fit in that place.

Once you have chosen your box, decorate it – draw your own design; cover it with wrapping paper (or decoupage with lots of scraps) or fabric; and make it appealing to you. Decorate inside too. Loose tissue paper in the bottom is a nice touchy-feely thing.

You can put anything you like in your box, whatever works for you, but ideally cover all five senses.

**Here are some ideas for things you could put in**  
**Visual/Sight:** photos of friends and family; pictures of things and places where you have enjoyed visiting or would like to visit; a snow globe or glitter jar (make your own, Google for more); a magazine or book of poetry or quotes; a list of good movies to watch or old cards from family or friends.

**Sound/Hearing:** recordings of loved ones; a list of favourite music or websites with good calming music or podcasts that make you laugh or think.



**Touch/Feeling:** bubble wrap; soft socks or an old jumper; nail varnish to paint your nails; bubble bath; a picture of someone who gives good cuddles; fidget toys; natural things like a piece of wood, a smooth pebble or feather.

**Smell/Scents:** scented candles, soap or body lotion; perfume or after shave.

**Taste:** a sachet of hot chocolate; a packet of your favourite sweets or bar of chocolate; biscuits or another favourite food (but not fresh!). Images of fruit, healthy Don't use fresh food, but instead use a picture to remind you to go and eat fruit or have a drink of water.

**Extras:** a colouring book and pencils (and sharpener); word search or crossword; a picture of your tablet or computer to remind you to use it; notebook and pen to scribble down thoughts and feelings or doodle; pictures of your favourite sport to watch or play.

When you use your soothe box, pay attention to your senses. Notice what's around you. What can you hear? A plane, birds, the washing machine? What does that chocolate taste like; eat slowly, savour every mouthful, thinking about the flavours And what can you touch right now? Give your head or hands a rub, get the blood flowing. Are you wearing a fluffy jumper or a cool, shiny bangle?

**Use whatever strategy works for you. Hopefully you can reduce stress and concentrate on what's important to you right now. Let us know how you get on and send us photos of your decorated boxes.**

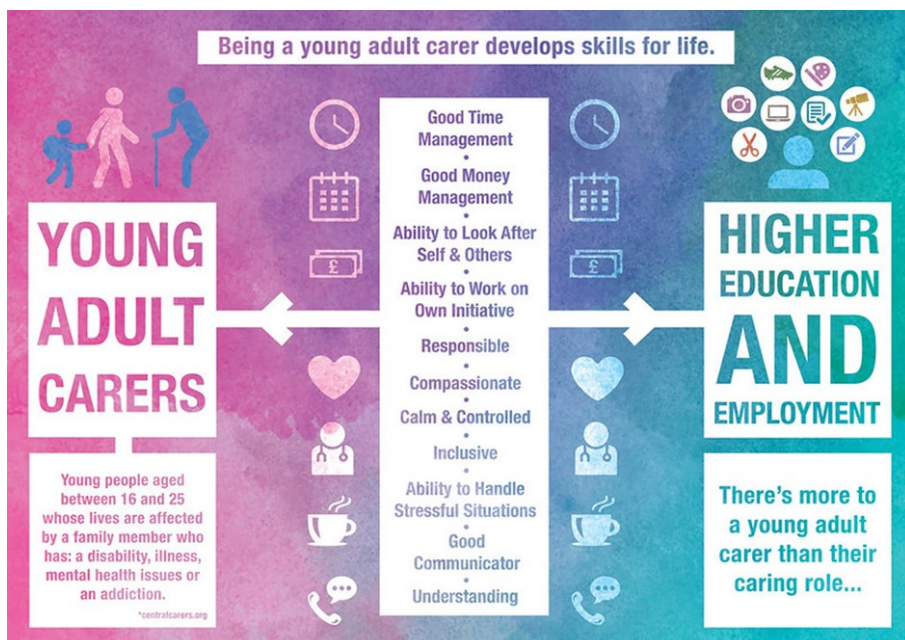
## Surveys for Black, and South Asian Young Carers

If you're a young carer from one of the above groups, can you share your experiences to create new resources for professionals?

Black Young Carers [https://docs.google.com/forms/d/1iLVyhPZWLwlP4T8g9fjEyHFVXvvxrd3ffSsu1aCKPMU/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1iLVyhPZWLwlP4T8g9fjEyHFVXvvxrd3ffSsu1aCKPMU/viewform?edit_requested=true)

South Asian Young Carers [https://docs.google.com/forms/d/1ajH\\_udfGtcm9JOJSSxMSKI6Ctg6cVcxay4SLYPXdrw/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1ajH_udfGtcm9JOJSSxMSKI6Ctg6cVcxay4SLYPXdrw/viewform?edit_requested=true)

Also on website: 'consultations'



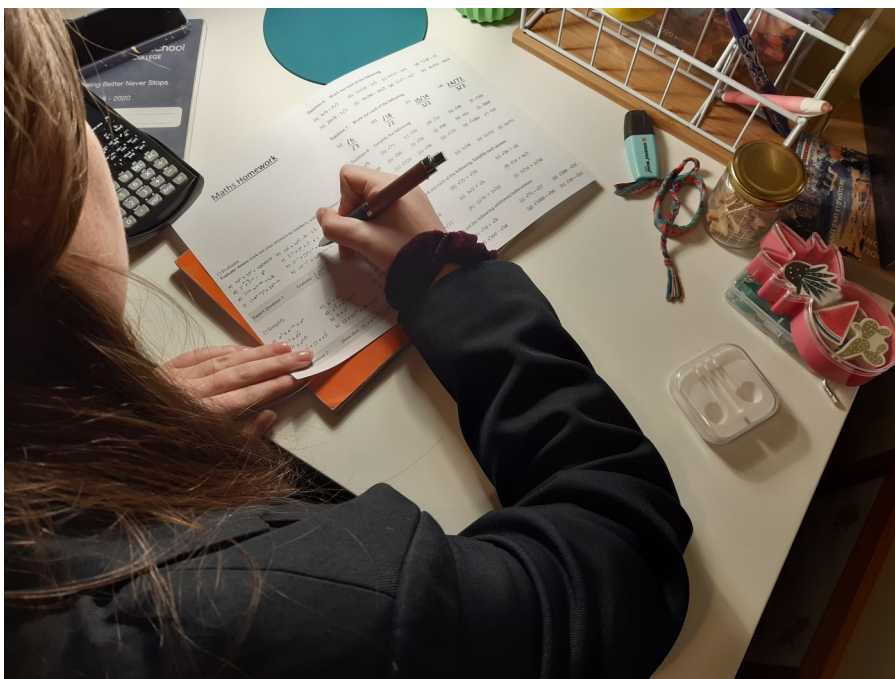
# Some tips on handling tests and exams

You may have SATs coming up. You might be feeling a little stressed, but don't worry, there's things you can do to keep feeling good. (And see the SATs Poem, opposite.)

Here's some SATs Tips:

- Get a good night's sleep before the test
- Eat a health/balanced breakfast
- Find positive ways to handle stress and to relax
- Picture a successful day in your mind!
- Read all the questions at the start
- If you don't know the answer, eliminate the possible choices you know are wrong
- Pace yourself and trust yourself
- skip questions that will take longer if time's running out
- Use time cleverly and double check your answers

Good luck, and don't worry, you'll be fine!



## The SATs Poem

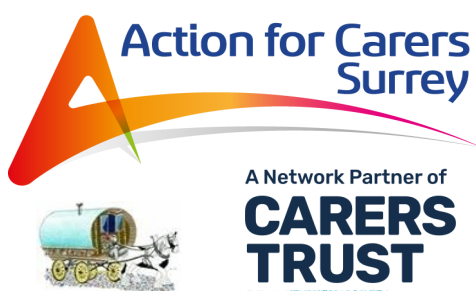
*SATs don't measure sports  
SATs don't measure art  
SATs don't measure music,  
Or the kindness in your heart*

*SATs don't see your beauty,  
SATs don't know your worth  
SATs don't know the reasons you  
were put upon this earth*

*SATs don't see your magic,  
How you make other smile  
SATs don't time how quickly,  
You can run a mile*

*SATs don't hear your laughter,  
Or see you've come this far,  
SATs are just a tiny glimpse  
Of who you really are.*

*So sitting at your table,  
With a pencil and your test  
Remember SATs aren't who you are  
Remember, you're the best!*



CONTACT US Call 01483 568269 or email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk)

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