

# OUR LIFE

Seniors SUMMER 2022

## Hello from Michelle



Welcome to the Summer edition of *Your Life*, I hope you all have been enjoying the sunshine and bank holidays!

This newsletter is designed to keep you updated with things that are happening, articles of interest and things you can get involved with as a young carer.

A lot has happened since we last were in touch and you will notice some changes moving forward. We hope you get to come along to our events and support groups that are up and up running and we look forward to seeing many of you at our events in the coming months.

We were privileged to have Arabella join us in June for our first ever work experience at Surrey Young

Carers. (Read her article on the back page.) Arabella has led on the content and design of this newsletter, so we really hope you enjoy reading it.

Please let us know what you want included in YOUR newsletter. What information do you want to hear about? Have you got a story to tell? Let us know. Please email me, Michelle.Harper@actionforcarers.org.uk

Michelle Harper,  
Manager Surrey Young Carers



## SYC Podcasts – caring roles and staying safe



At our recent 'Your Life, Your Choice' event, our young carers created 'podcasts', together brain-storming, then writing and performing audio recordings.

The theme was 'keeping yourself safe'. The event overall was about how to make good choices in life, including looking after yourself and keeping away from trouble, despite what pressures you might be under. Young carers are particularly vulnerable because they can be socially isolated and under pressure, emotionally and financially.

We heard from the amazing Dean of **Urban Pure Solutions** about how to resist pressures from

other people and get out of difficult situations. And we talked about our lives and what's important to us.

Then working with the inspiring creatives from **Collaborate Digital** and reflecting on what we'd heard and discussed, we created and then recorded mini audios, which you can hear here: [www.actionforcarers.org.uk/news/podcasts-from-young-carers/](http://www.actionforcarers.org.uk/news/podcasts-from-young-carers/)

It was a great day, full of ideas, inspiration and helpful information.



Hello,

My name is Lisa Roberts and you might remember me as SYC's Participation and Engagement Coordinator. I ran the Young Carers Forum. I now work for Healthwatch Surrey as their Project and Involvement Manager. So, I'm lucky enough to still be working with carers.

I need your help! Healthwatch run a Young Healthwatch which is very similar to what the Forum used to do – listening to young people's views and feeding them back to people in charge, to make a difference; helping to create exciting social media content to raise awareness, as well as visiting schools, colleges and community groups to talk to other young people.



We would love to have some young carers (aged 16+) join us. Travel expenses are given and there might be pizza involved too!

If you would like to know more about this – please email me [lisa.roberts@healthwatchesurrey.co.uk](mailto:lisa.roberts@healthwatchesurrey.co.uk) or text 07961 053430

## Survey for ALL Surrey young people

Our Voice Matters is an online survey for 8-25 year olds in Surrey. It is a chance to tell those who make decisions about schools, health and the environment, what YOU think! There's questions specifically for young carers too.

If you complete the survey by 31st of July, you could win a £100 Love2Shop voucher!

Find the survey here:

<https://wh.snapsurveys.com/s.asp?k=16523488878>

# YOUR VIEWS NEEDED: Surrey's Young Carers Strategy 2022-24

Surrey County Council and its NHS partners have drafted the Young Carers Strategy for 2022-2024 over the past year.

It would be amazing if you could give feedback on this draft strategy to ensure nothing is missed and that it accurately reflects **your** needs and how these can be met. Is everything covered, are the priorities right, what do you think?

There is a survey for thoughts, it's here, along with the draft Strategy: [www.surreysays.co.uk/csf/young-carers-strategy-consultation/](http://www.surreysays.co.uk/csf/young-carers-strategy-consultation/)

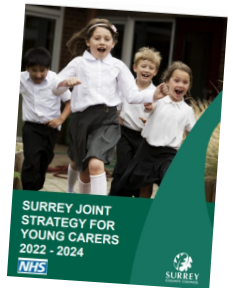
There's also Easy Read versions available. The survey is anonymous and closes 8th August.

The responses will be used to further develop the Strategy. This



Young Carers Strategy will then sit alongside the Adult Carers Strategy to provide an all-age strategy for carers in Surrey.

On 1st August we'll be hosting a Forum with young carers and SCC to hear your views. We'll update on this nearer the time.



## An interview with Russ, SYC Children & Young People Coordinator — by Arabella



- 1) *What your name?* Russ
- 2) *What other job would you like to do in Surrey Young Carers?* Team Manager
- 3) *What do you like about this job?* Good team of people to work with.
- 4) *What's a regular day in work?* Emails, supporting families and planning for events.
- 5) *How do you think of ideas for events?* Looking at other events that have happened and trying to make them even better.
- 6) *What the Hardest thing about your job?* Not having enough time.
- 7) *What your favours type of event?* Ones where the young carers are being active.
- 8) *Do you prefer Zoom or face to face events?* I prefer face to face as I like working directly with young people.
- 9) *What do you like about your role?* I like the variety and difference in every day.
- 10) *What the most imported thing the charity does for young carers?* Being able to help people and making sure the young carers enjoy themselves.

# Keeping on top of stress!

## FREE Mindful Boxing sessions for YOU

Life as a young carer can be tough, and you can feel stressed at times.

We are working with an amazing company called Mindful Peak Performance to offer sessions teaching mindful meditation AND boxing skills.



Sessions take place weekly, via Zoom, and are open to all our young carers. The project will be running for several months.

### Free weekly classes

Sessions are Wednesdays, 5.45-6.45pm, and no experience is necessary. You should end the sessions feeling energised but also calm.

To book your free please, call Sarah on 07464 824360 or email Sarah.hares@actionforcarers.org.uk



### Feeling Empowered

By Marcelina Hardy

Things get crazy,  
Out of control,  
Overwhelmed,  
And stressful.

I can take it;  
I can survive.  
I will get up,  
Brush myself off,  
And tackle whatever  
comes my way...

## Managing Stress – top tips from young carers

Listen to some music.... *Take time for a break or hobby (it doesn't even have to be that long) .... Talk to someone or write stuff down that you are stressed about ... Do some exercise, even just a 10 minute walk ... Take a deep breath.*

## Book Review – *The Late Crew* by Rab Ferguson

This fab new book centres young carers in a sci-fi alien adventure story. Here's what the author said. **PLUS we're looking for reviewers! See below.**

### Why did you want to write about young carers?

I wanted to write about young carers because they can sometimes go unnoticed. I think they deserve to have a book where they are the heroes, who go on adventures and save the day!

### What does the book mean to you?

The main thing it means to me is fun! I didn't want it to be all boring and serious. That's why there's bizarre aliens in it, and all sorts of silliness. It's one that both boys and girls can have a laugh while reading.

### How do you hope it might affect the young people who read it?

For young carers, I hope it's exciting to see themselves in a book! If it helps them to see themselves and their caring role in a positive way, I'll be a happy author. For other young people, I hope they learn about what it means to be a young carer – because it's great when young people can understand each other.



## Family Fun Day

As with every year, we are looking forward to hosting our annual Family Fun Day later in the summer... and this one is going to be extra special!

**There's two dates available:  
Saturday 6<sup>th</sup> August or  
Wednesday 17<sup>th</sup> August.**

Keep an eye out in the coming weeks for your invitation to what will be a truly MAGICAL day for our young carers and their families.

**We have 2 copies to give away, IF you will write a review in return!! Please email us SYC@actionforcarers.org.uk First come, first served – and we'll publish the reviews in the next edition.**

SAVE  
THE  
DATE



# Puzzle time: caring word search

Can you find the words that represent being a carer! Look forwards backwards and across. Good luck!

SCHOOL CARING TIME  
LOOK AFTER SUPPORT  
PATIENCE FRIENDS NEEDS  
SURREY EMOTIONS



C	P	L	O	O	H	C	S	Y	N
S	A	B	Z	Y	E	T	C	D	E
U	T	R	K	M	H	S	E	V	E
P	I	M	I	W	N	R	L	E	D
P	E	T	A	N	R	I	Y	O	S
O	N	U	R	U	G	P	E	B	J
R	C	T	S	D	N	E	I	R	F
T	E	M	O	T	I	O	N	S	B
Q	U	K	N	L	J	I	D	W	A
L	O	O	K	A	F	T	E	R	S

## Work experience with SYC



Hello there, my name is Arabella and I am a young carer. I care for my older brother. I joined Surry Young Carers around the beginning of this year.

### My work experience

I started at SYC on the 13<sup>th</sup> of June. I was a bit nervous at first to do work experience, but when I got to the office, I was fine.

On my first day, I met Michelle (SYC Manager) and a lot of other people who work in the office and they explained what they do. Then the next day I met more people, this was the Support Coordinators team. And on Wednesday I meet the CYP Coordinators too.

As well as learning what people do, and the activities carried out, I spent a lot of time on this newsletter. I also spent some time packing donation bags, and I also did a blog every day [now on the ACS website].

Everyone was really nice here and helpful. I found out a lot of how much work goes into SYC. Thank you for this opportunity :-)  
**Arabella**



## Caring after stroke

Are you a carer aged 16-18 who's looking after someone who's had a stroke? Could you take part in a study from Nottingham Uni?

If you can help, please email [mzxlm1@nottingham.ac.uk](mailto:mzxlm1@nottingham.ac.uk)

Search 'consultations' on our website to find out more.

poetry  
quote

QUOTE FROM "STANDING TALL"  
forums.familyfriendpoems.com/poem/33854

*I'm always amazed  
how you stand so very tall,  
how you never give in.  
You bend, but do not fall.*

- PAUL HOLMES

familyfriend  
POEMS



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

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