

# OUR LIFE

AUTUMN 2022



## Hello from Michelle



As Autumn approaches, we look forward to cosy jumpers, the vibrant colours of leaves changing and the smell of bonfires burning. For many of us, the shift from Summer to Autumn represents a fresh start.

Most of you will have settled back at school in your new year group, and many of you will have transitioned from primary to secondary school or college. These are big changes and can be exciting as well as challenging. But as Autumn comes, it brings busier schedules, colder weather, and shorter days. In the blink of an eye, the Christmas holidays will be here, and we'll be wrapping up another year.

Autumn is a natural time for reflection and gratitude and it provides opportunities to use seasonal self-care ideas like the ones shown above. If the shorter, darker days do affect you, just get in touch with one of our team or another trusted adult to talk your feeling through.

Take care,

Michelle Harper, Manager SYC, Action for Carers Surrey



## A Right Royal Summer!



We had three wonderful days at Hampton Court Palace for our family events this year welcoming 96 families with 128 young carers.

The days gave free entry to the Palace and Gardens, access to the Clore for fun art and crafts activities

and collection of a yummy free ice cream.

We were overwhelmed by the response and those who were not able to come on our fixed days have been provided with free tickets (for four people) to visit when it suits them!



We are really grateful for the amazing offer this year and enabling over 220 families free days out together.

*Don't forget to use your free ticket for Hampton Court Palace!*

# Young Carers Action Day 2023

## Making time for young carers



**Young Carers Action Day**  
**16th March 2023**  
*Making time for young carers*

Young Carers Action Day is an annual event, organised each year by national charity Carers Trust. It's a day for raising public awareness of young carers and young adult carers, the pressures and challenges they face, and the incredible contribution they make by caring for their family members and friends.

Carers Trust spoke to hundreds of young carers across the UK about

the theme of YCAD 23 and the overarching message that came through was about mental health and wellbeing of young carers.

### Demanding action

In practice young carers want to see better mental health and wellbeing coming from improved support in school, more access to breaks, better access to counselling services and more financial support.

*Search Young Carers Action Day on our website from February to find out more on how you can get involved and make a difference.*

# YOUR VIEWS MATTER



*Our survey takes just five minutes, and you could WIN one of four £25 vouchers!*

### TWO WAYS:

**EITHER** complete the form enclosed and post it back in the FREEPOST envelope (also enclosed) by 20 October...

**OR** do the survey online:

[www.surveymonkey.co.uk/r/SYCEvents22](http://www.surveymonkey.co.uk/r/SYCEvents22)

It really helps us and Surrey County Council shape the services we offer to young carers in Surrey.

## THANK YOU!



## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# Young Carers & the School Census

It is likely that you will have at least 1 or 2 young carers in every class in every year group in your school.

– 27% of young carers aged 11-15 miss school or experience educational difficulties

– 1 in 4 young carers have reported being bullied because of their caring role

From Spring 2023, young carers are for the first time going to be included on the school census return.



This will enable a much better picture of the number of young carers in schools, but also provides opportunities to use this data to monitor attendance and attainment of young carers. Through our Angel Award and support in schools will help them prepare for these changes.

## Get your school to sign up to the Angel Award!

The Angel Award helps schools better identify and support young carers. It's a scheme where schools have to show they've achieved several things, such as having a young carers club, or having assemblies focused on young carers.

Find out more here <https://www.actionforcarers.org.uk/for-professionals/schools-colleges/the-angel-award/>  
Encourage your teachers today!

## BOOK REVIEWS: *The Late Crew*

### Rab Ferguson's *The Late Crew*

This book is about a boy called Tyler who is a young carer for his mum and brother.

Firstly, I would like to thank you for this opportunity. Although I did not particularly like this book, I still enjoyed the story. I very much appreciate that there is a book about a young carer as the main character.

Secondly, I would like to explain why I was not a fan of this book. One of two reasons was because of the annoyingly short chapters. I found that the chapters being so close and compact disrupted my flow of reading. I could turn a page and it could be the next chapter.

The second reason I did not find the book interesting, was because of the lack of detail and description. Objects

usually only had one or two ways of being described, for example, 'The Slime' (the main antagonist) was only described as 'a blob of strawberry jam.' This lacked the definition I was seeking.

**Joshua**

Hi my name is Lily and I am a young carer for my older brother.

I have just finished reading *The Late Crew* by Rab Ferguson and I thought it was brilliant, I could relate to the story line as my brother has Autism and some of the issues Levi has in the book, my brother has.

I think this book explains what a young carer is and also what issues they can come up against.

**Lily**



**Young Carer Events**  
October 2022

Here is your September Offer - please register your interest now!

<b>DROP IN WITH EMMA!</b> October 28th in WATSON	<b>DROP IN TO DYNOWORLD!</b> WITH SARAH October 14th in CRAWLEY	<b>DROP IN TO ROCK-STEADY!</b> WITH MISS October 25th October
<b>ARTS AND CRAFTS FOR KIDS!</b> DROPPING IN TO WAITS GALLERY! WITH EMMA October 19th	<b>9-11 Years</b> <b>CELEBRATE IT!</b> ZOOM IN TO 'COPIING WITH CHALLENGES!' WITH ALICE! October 25th	<b>ZOOM IN TO HALLOWEEN!</b> WITH SARAH OCTOBER 27th <b>HALLOWEEN PARTY!</b>

TURN OVER for details and booking information.  
Any questions, please call us on 0303 040 1234 option 3 or email [spc@actionforcarers.org.uk](mailto:spc@actionforcarers.org.uk)

**Action for Carers Surrey**  
Charity Registration No 1118714

## \*\*NEW\*\* EVENTS UPDATES BY POST

Some of you, depending on your age and current status will receive an extra update with this newsletter, telling you about some of the October events relevant to you/your age group.

There'll be another mailing next month. Keep an eye on your post for the Happy Stamp.

SYC runs regular events tailored to individual groups, where you can meet other young carers and have some time to yourself. Make sure you register your interest and come and have some fun!!

**WELCOME TO**  
Surrey Young Carers

**Action for Carers Surrey**  
Surrey Young Carers

**BIG thanks to the young carers, past and present, from Surrey Young Carers, who agreed to have their image on our updated Welcome Pack. It makes a really warm and welcoming cover, we hope you agree!**

Thanks to our reviewers! Do you have a book you'd like to review — related to caring, or not! Let us know at [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk)

## Recipe Corner



Got a yummy recipe to share? Send it in, and we'll print it!

### Easy, tasty cheesy snack!

*Don't forget to ask an adult for help if you need it.*

#### INGREDIENTS

- 6 crumpets
- 4 tbsp passata or puree
- 4 tbsp ketchup
- ½ tsp dried oregano
- toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)
- 75g cheddar cheese , grated

#### METHOD

##### STEP 1

Heat the grill to high. Lightly toast the crumpets in a toaster or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces.

##### STEP 2

Line a baking tray with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating. YUM!!

## Our support for young people

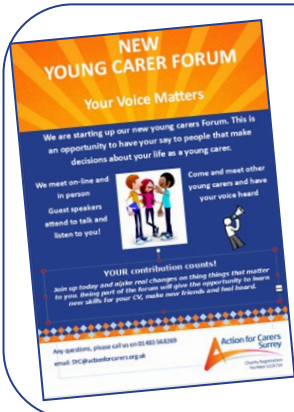
Find out about all the support we offer young carers here: [www.actionforcarers.org.uk/who-we-help/young-carers-under-18/](http://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/)

And our support is for a two year period, but this can be reviewed if the young person's situation changes. Just get in touch.

**WONDERHUB**  
**NOVEMBER**  
**SCAVENGER HUNT**

- N** FIND SOMETHING THAT IS **NEW**
- O** FIND SOMETHING THAT IS **ORANGE**
- V** FIND SOMETHING THAT IS **VERY SOFT**
- E** FIND SOMETHING THAT GIVES YOU **ENERGY**
- M** FIND SOMETHING THAT HAS **MOTION**
- B** FIND SOMETHING THAT IS **BEAUTIFUL**
- E** FIND SOMETHING THAT IS **EDIBLE**
- R** FIND SOMETHING THAT IS **ROUND**

BONUS ACTIVITY - WRITE YOUR OWN ACROSTIC POEM FOR NOVEMBER. AN ACROSTIC IS A POEM WRITTEN SO THAT THE FIRST LETTER IN EACH LINE ALSO SPELLS OUT A WORD!

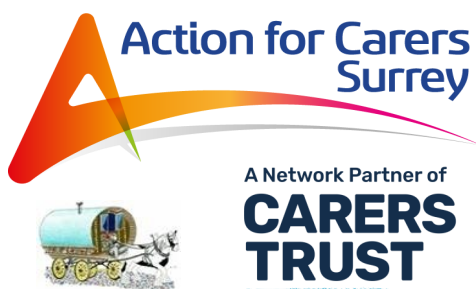


## Join our Forum

– *Your views matter*

We are looking for new members to join our Forum. The SYC Forum has been running for many years and we need new voices and ideas to help adults and professionals understand what you need from services that are there to support you.

If you would like to join this group, please email us at [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk) or call **01483 568269** and ask for more information. We would love you to join this group of friendly young carers and have your opinion heard.



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

Surrey Young Carers is part of charity Action for Carers Surrey.

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