

**16-17-year old carer?**

# **Our offer for YOU**

**Helping you make future plans and choices**



**Find out more  
Call us on 0303 040 1234**

## FREE EVENTS FOR YOUNG CARERS

Here's some of our free learning events for young carers like you who are thinking about your future.

We also run social events across Surrey throughout the year.

*Interested? Please get in touch!*

### Planning for change and decision making

- What to do about changes in direction if you're not able to go down the path you planned or expected
- Building your confidence to manage changes in direction, and enhancing your decision-making skills
- Guidance on making a smooth transition to a new school, college or university



### Transition: becoming a 'young adult' carer

- Action for Carers' offer to you as you turn 18
- Your rights as an adult, including Carer's Assessments
- Getting support at uni and at work



## Exam-busting and resilience 😊

- Revision support and tips
- Tips for reducing stress and worry
- Activities to promote wellbeing and resilience

## Aspirations and transferrable skills

- Realising and promoting the skills you've learned through caring
- Exploring your aspirations and planning how to make them real
- Thinking about jobs and volunteering
- Perfecting your CV-writing and interview skills



## Future options, and 'a life beyond caring'

- Making choices: university, work or apprenticeship?  
(And how your caring role can be supported whatever you choose)
- Making plans, choosing directions and setting time-frames
- Opportunities in your local community





**We're here to help carers aged 5-95,  
with free information, events, advice,  
resources and more. Please get in touch.**

### **Surrey Young Carers**

Our specialist service gives information and advice and support to young carers under 18 and their families on reducing the strains, worries or concerns of their caring role.

We run workshops, forums and groups, and we give young carers time out from caring, with fun and social wellbeing activities, all to help them achieve what they want in life.

**Call us on 0303 040 1234**

Email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk))

SMS (text only) **07723 486730**

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