

PRESS RELEASE: FOR IMMEDIATE RELEASE WEDNESDAY 8<sup>TH</sup> MARCH 2022

## This year's Young Carers Action Day, Wednesday 16<sup>th</sup> March, wants to help end isolation for young carers

*"At school I would often not get my homework done, or be very tired in class and struggle to pay attention. Some teachers used to 'make an example' out of me in front of the class, pointing me out as a poor student. If they had talked to me about it, they would've known that I was tired and struggling because my brother was having seizures twice a week in the early hours of the morning, and that I struggled to find time or space to do work at home because I was helping my mother."* Young Carer, Surrey

**Why are young carers isolated?** Because they have extra responsibilities and worries, and have little time for school work, let alone a personal life. Carer families are often poorer families as adults are not working, so finances are tight. Young carers can feel like the odd one out, who no one understands, and can experience high levels of stress and loneliness.

*"I love caring. It fills my heart but sometimes it's so hard. You don't get to have a break when you want, and I think it's unfair we don't get paid for our hard work. I help with everything."* Young Carer, Surrey

But this year's Young Carers Action Day wants to help decision makers improve this, by helping young carers get breaks, and support for things that can help, such as free access to leisure facilities, free travel and access to youth and sports clubs.

Schools can play a huge role too, by identifying and supporting their young carers, and providing support through things like Carers Clubs.

But everyone can do their part. You might be a professional who sometimes comes into contact with young carers. Or you can simply be a friend or neighbour of a child who's struggling. **All you need to do is think – could they be a young carer?** And if they are, help them get the right support, including referral to us, Surrey Young Carers, part of Action for Carers. We can help them get the support they need, and can provide advice, information and activities, as well as working with their school.

If you work with young carers, or know one, you can refer them to us. To find out more, visit [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) or call our Helpline on 0303 040 1234.

*"The club really helps; it gives me confidence. Some of the things, I never thought I could talk about with anyone, I thought I'd keep it secret to myself, I can talk about."* Rose, Young Carer, Surrey

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## FOR MORE INFORMATION, PLEASE CONTACT

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### ***About Young Carers Action Day 2022***

Find out more about Young Carers Action Day and our support of young carers on our website  
<https://www.actionforcarers.org.uk/young-carers-action-day-2022/>

And for more on what's going on nationally, visit <https://carers.org/young-carers-action-day-2022/young-carers-action-day-2022-1>

### ***About Surrey Young Carers, part of Action for Carers Surrey***

We offer free, impartial information and support to young carers and their families on minimising the impact of their caring role. We also provide workshops, forums, fun activities and groups. We give young carers time out from caring and help them to achieve their full potential. We also offer training to health, social care and educational professionals. **Young carers can get in touch on 01483 568269, [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk) or visit our website [www.actionforcarers.org.uk/](http://www.actionforcarers.org.uk/)**

Surrey Young Carers is part of **Action for Carers Surrey (ACS)**. Action for Carers provides information, advice and support for carers across Surrey, aged 5-95. This includes benefits advice, advocacy, guidance on moving and handling, support groups, free resources and more. The charity also helps carers have their say on carer matters in Surrey and nationally.

**Carers can get in touch by calling us on 0303 040 1234; texting on 07714 075993; or emailing [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk), young carers email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk).**