

PRESS RELEASE

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Charity Action for Carers Surrey offers young carers vital support to help them in their caring role – as well as have a life outside of caring.

This Young Carers Action Day, Wednesday 15th March, please help us reach – and celebrate – these amazing young people.

Being a young carer, who looks after someone in their family who's ill or disabled, is incredibly tough.

They often have big responsibilities, extra chores, plus emotional worries, and have little time for schoolwork, let alone a personal life. And carer families are often poorer families as adults are not always able to work, so finances are tight, meaning there's fewer opportunities.

Young carers can feel really isolated and misunderstood and can miss out on a lot that other children take for granted.

How we help

But our Surrey Young Carers (SYC) team can help. It offers free information and support, plus workshops, activities and groups, to give carers aged 5-17 time out from caring, helping them achieve all they can in life, and minimise – as much as possible – their caring role.

If you know a young carer, in any capacity – your family, friends, neighbours, through work – please let them know about us. We can make a big difference.

Young carers/their families can get in touch by calling us on 0303 040 1234; texting on 07723 486730; or emailing SYC@actionforcarers.org.uk.

Young Carers Action Day

Young Carers Action Day (YCAD) aims to celebrate young carers, highlight the vital role they play, and fight for better support.

Marking the Day, we have lots of events taking place for our young carers in Surrey, including a Fun Day, Animation Workshop, Axe-Throwing event, Escape Room session plus lots more.

We're joining some of the hospitals and schools we support across Surrey to celebrate and raise awareness of YCAD with them. We are also taking part in the 'Making Time for Young Carers' event to reach more professionals across Surrey (see below).

National aims

Young and young adult carers repeatedly state that health and wellbeing are really important to them, but all too often their caring role leaves them feeling overwhelmed.

Continued...

So this Young Carers Action Day we're encouraging all young carers, and their families, to take action. From simple things like having a chat, or putting up a poster, to writing to their MP and local government, telling them about the support they need, specifically:

- improved support in education and workplaces
- more access to breaks
- better access to mental health support, such as counselling or therapy
- more financial support.

Making Time for Young Carers

And for *anyone* in Surrey who works with children and young people (up to 25) there's a free online seminar, 'Making Time for Young Carers' taking place the day after Young Carers Action Day, Thursday 16th March, 12.30-3pm.

The event will share national and local perspectives of young carers' needs, and support in schools and colleges, as well as looking at how best to improve this vulnerable group's wellbeing and mental health. Tickets, via Eventbrite, are free.

<https://www.eventbrite.co.uk/e/making-time-for-young-carers-in-surrey-tickets-518228664887>

Find out more

Find out more about Young Carers Action Day, the events going on, and our support of young carers on our website <https://www.actionforcarers.org.uk/young-carers-action-day-2023/>

What carers say

"My son has gained confidence by attending SYC events, he has faced his fears of meeting new people, he has made new friendships. He's realised the importance of his role in our family, and understands he is recognised for the amazing effort and support he gives his Autistic brothers and feels he is rewarded for that. He is proud to be a carer."

"X has had some wonderful opportunities through your kind work and been supported so well with the challenges she faces/continues to face. From a Mum's perspective it's been lovely for X to have something of her own, (fun) away from daily struggles. I really can't put into words how amazing your charity is. All the lovely ladies that help/enable these fantastic events support us both."

"I just needed to express my gratitude and let you know how much you changed my life, thank you so, so much."

FOR MORE INFORMATION, PLEASE CONTACT

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NOTES TO EDITORS

About Surrey Young Carers, a service from charity Action for Carers

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 in best support for young carers.

Action for Carers Surrey provides events, information, advice and support for carers aged 5-95. Support includes benefits help, advocacy, guidance on moving and handling, hospital carer advisors, workshops, 14 drop-in Hubs across Surrey, information and relaxation events (by Zoom and face to face), support groups, free resources and more.

Carers can get in touch by calling us on 0303 040 1234; texting on 07723 486730; or emailing CarerSupport@actionforcarers.org.uk, young carers email SYC@actionforcarers.org.uk.