

OUR LIFE

Seniors SPRING 2023

Hello and Happy Easter from Michelle

Spring is in the air in and Easter just round the corner!

I hope you all have a wonderful break and chance to relax and possibly eat a chocolate egg...or two!

We have enjoyed a really busy time at Surrey Young Carers, with lots of amazing events and a big focus on Young Carers Action Day 2023. We've also included information about transitions to adulthood and the support you can get to help make this smooth for you.

We hope you enjoy this edition and don't forget, if you want to write a story for us, we can publish it in our next newsletter.

Just drop me an email at

michelle.harper@actionforcarers.org.uk



Michelle Harper,
Manager SYC, Action for Carers Surrey



Transition to Adulthood

Life stage transitions may include things like moving schools, starting, or finishing university, starting a new job, adjusting to chronic illness, moving away from friends or family etc. They can have a serious impact on your general health and wellbeing.

Adjusting to change is important, and something that many young people may struggle with. Life changes that are not in the person's control, such as being forced to change schools or relocate, can be especially unsettling and difficult to adjust to.



Signs and symptoms someone is not coping well with change:

- Feeling like they can't cope, either with a specific problem or task, or just in general;
- Constantly feeling under pressure or that they are being weighed down by others;

- Feeling lost and unsure of themselves;
- Feeling anxious, irritable, moody or upset much of the time;
- Exhaustion;
- Not wanting to engage in social activities or attending school;
- Difficulty sleeping or restless sleep.

The Care Act 2014 places a duty on local authorities to provide young carers with a 'Transition Assessment' before they turn 18, to take into account their aspirations for the future, and how their caring role may impact upon their well-being and goals as they transition into adulthood.

If you would like an assessment – or to find out more – please speak to a member of the team and we can support you to get the help.

Call us on 0303 040 1234, option 3.

What's been going on?!

An update on events that some of our young carers in different parts of Surrey have been able to attend.



Have you been to a Drop-In? These are simply sessions where you can (surprise!) just drop in and have some fun.

There's usually things like pool, or fooseball, arts & crafts, and other activities to try. You also meet other young carers, chat with our friendly team, and simply have a good time away from home for a bit.

In January, some of the young carers attending the Drop-in in Horley got a BIG surprise. We had kindly been donated skateboards and protective gear by an organisation called O3e.

We handed these out to the young carers attending that day – much to their delight! BIG THANKS to the kind people at o3e for such fantastic gifts!



Easter Word Search

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



You might manage a little bit of 'down time' in the holidays. Why not try our Easter Word Search.



- | | |
|--------------------|-------------------|
| BASKET | COTTONTAIL |
| BONNET | CROSS |
| BOUQUET | DECORATE |
| BUNNY | SYE |
| CARROT | EASTER |
| CELEBRATION | EGG |
| CHICK | FIND |
| CHOCOLATE | RABBIT |

Spring Bucket List

- Visit a Farm
- Plant some seeds
- Go on a Nature Walk
- Enjoy an outdoor egg hunt
- Create a Spring Sensory Bin
- Explore Spring flowers in ice
- Make a Spring Sensory Bag
- Make some Easter cards
- Bake some cakes
- Make some bird feeders
- Go for a picnic in the park
- Make Spring Playdough
- Go to the Zoo
- Plan and make a fairy garden
- Jump in puddles
- Blow bubbles in the garden
- Decorate eggs
- Look at the life cycle of a butterfly
- Take photos in the rain
- Visit the Library

Learning and Exploring Through Play

Is there an adult who's also caring in your family?

Many of you will have an adult in your home (mum, dad, other grown up, adult brother or sister, nan, etc) who is also a carer.

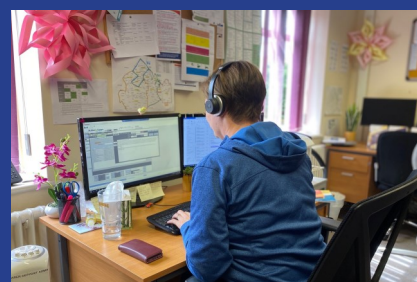
We'd like them to know that we can help them too!

Our Adult Service offers advice, information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, resources and much more.

If they'd like to get access to this support, they simply need to register— free, quick and easy!

www.actionforcarers.org.uk/register-with-us/

Our Adult Service is open to all 18+ carers in Surrey. They can also call the Helpline for support: **0303 040 1234**, text **07723 486730** or CarerSupport@actionforcarers.org.uk to email.



Young Carers Action day!



Happy Young Carers Action Day!
We hope you noticed a bit of a buzz in the news around the day – March 15th. Maybe your school took part, or you went to one of our activities? It was great to see people celebrating, supporting and highlighting the needs of young carers.

We had events running for different groups of young carers, and these included multiple school drop-ins and events celebrating YCAD; a comic-drawing workshop, indoor climbing fun, and escape-the-room session, tomahawk-throwing and more!

Action for Carers also has staff working in Surrey hospitals, so we had stands on the day at these, trying to inform staff and reach out to carers, young and old!

Media wise, you may have heard Michelle, SYC Manager on BBC Radio Surrey, and Surrey Hill Radio also broadcast a show, recorded by our young carers – see box right.

And Presenter Sarah and crew



from BBC *Morning Live* joined us at our Walton Firs event. She interviewed some of our young carers, and also – gamely – joined in some of the activities the young carers were enjoying! Thanks to the young carers who were there, especially those interviewed.



Making time for young carers

Our SYC team also reached out to Surrey's professionals – that's teachers, social workers and healthcare – giving a fantastic presentation as part of the 'Making Time for Young Carers' seminar held on the day after YCAD.

They talked about our support for young carers, the needs and challenges and our Angel Award. The session ended with the call 'Let's make every day a young carers action day.'

Work experience: Surrey Police

Are you in Year 10 or above and possibly interested in a career with the police?

Then Surrey Police's work experience week, 10-14 of July, may be for you! They welcome groups of young people in to the force and give them an insight into the many and varied jobs in policing.

Interested? Please email workexperience@surrey.police.uk for more info.

Young Carers Surrey Hills Radio takeover

Take a listen to a group of young carers and the SYC team at Surrey Hills Radio Station, talking about Young Carers Action Day and the support they get. Thanks so much to everyone who took part in this powerful piece of media. <https://www.mixcloud.com/surreyhillsradio/>



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/ Our support is for a two year period, but this can be reviewed if the young person's situation changes.

Just get in touch.

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

Recipe Corner

Easter Rocky Road recipe!

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

INGREDIENTS

- 175g/6oz dark chocolate, broken into pieces
- 125g/4½oz milk chocolate, broken into pieces
- 2 tbsp golden syrup
- 75g/2¾oz unsalted butter, diced
- 160g/5¾oz sugar-coated mini chocolate eggs
- 200g/7oz digestives or rich tea biscuits, broken into pieces
- 75g/2¾oz mini marshmallows

METHOD

Line a 20x30cm/8x12in baking tin with baking paper. Place the dark and milk chocolate pieces in a large heatproof bowl and add the golden syrup and butter.

Set the bowl over a pan of barely simmering water but do not allow the bottom of the bowl to touch the water. Stir from time to time until the butter and chocolate are melted and the mixture is



smooth. Remove from the heat and leave to cool for 5 minutes – if this is too hot the marshmallows will melt.

Cut the chocolate mini eggs in half (leaving a few whole) and set aside one third of the eggs, including the whole ones for decorating.

Gently fold in the chocolate eggs, biscuits, marshmallows, and raisins into the chocolate mixture and mix to combine.

Spoon into the prepared tin and spread level using the back of the spoon. Scatter with the reserved whole and halved mini eggs.

Refrigerate for at least 1 hour, or until completely firm. Cut into bars to serve.

Enjoy!

EU 'booklet' online for young carers

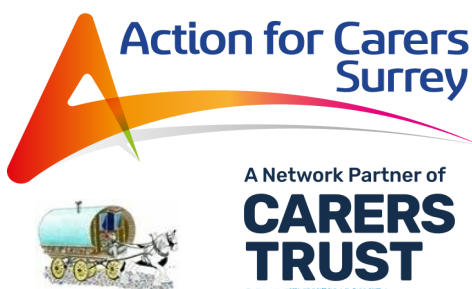
Have you seen the EU online 'booklet' for young carers?

There's sections on all sorts of topics including:

- Caring and education
- The ups and downs
- Growing up as a carer
- How to communicate
- Dealing with bullies
- Looking after yourself



There's also LOADS of quotes from other young people talking about their experiences. It's a really positive and helpful guide. **Take a look!** <https://me-we.eu/booklet/looking-after-yourself/>



Call us on 0303 040 1234 (opt 3) or email SYC@actionforcarers.org.uk

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