

# OUR LIFE

SUMMER 2023

## Hello from Michelle



Dear Young Carers,

It's been a busy time of year for you! Many of you will have had exams and all the madness of summer term as we move towards the long summer break.

Lots of news, and some very important surveys wanting your input in this edition. Can you share your experiences and help make change happen?

We hope you enjoy this edition and don't forget, if you want to write a story or any kind of content for us, we can publish it in our next newsletter. Just drop me an email at [michelle.harper@actionforcarers.org.uk](mailto:michelle.harper@actionforcarers.org.uk)

Happy holidays!

**Michelle Harper,**  
Manager SYC, Action for Carers Surrey

### 6 TIPS FOR A HEALTHY SUMMER



Move More,  
Sit Less



Keep Cool In  
Extreme Heat



Eat Whole  
Foods



Rethink  
Your Drink



Don't Forget  
to Sleep



\*Don't Forget SPF  
and Bug Spray!



Find An  
Accountability Partner

## Angel Award — is your school on board?



**Great news as several Surrey schools achieve their Angel Award – showing their support of young carers!**

Our Angel Award is a simple scheme in which a school has to achieve eight criteria, all of which go towards demonstrating it really knows how to identify and support young carers. We, and YOU, young carers, work to decide if the school has fully met the criteria.

BIG congratulations to these schools for achieving the Award this year:

**Auriol Junior** in Ewell; **St Giles** in Ashted; **Cobham Free School**; **Addlestone's Sayes Court Primary**; and, most recently, **Hillcroft** in Caterham – well done!

If your school has not yet signed up, why not suggest it on your student council, or to your teacher. Or if a member of your family works in a school, ask them if they've signed up yet! Find more on our website.



# 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.



From top left, clockwise: animal encounters in Horley; rock climbing in Guildford; pizza and chat in Egham; learning about cooking in Caterham, and an online cartoon workshop!



## Surrey Youth Arts & Culture Festival

**Are you interested in the arts?**

Why not connect with culture this summer at the Surrey Youth Arts and Culture Festival. There's two festival days, Redhill on Saturday 1st July and Staines-upon-Thames on Saturday 8th July.

If you're aged 11-16 you can get the inside track from creative industry experts with live music, workshops and activities with support from organisations such as University of Creative Arts, University of Surrey, Royal Holloway University London, Amazon Film Studios, Pinewood Group, CCSkills and many more.

Find out more and book your **FREE** tickets (quickly!) here <https://www.surreycc.gov.uk/culture-and-leisure/culture/festivals>

## Do you get lonely, or holiday blues?

*"I dread the extra hours I have to do in the summer holidays as it can get very boring."*

If you feel lonely at times, the long summer holidays might be a worry. 1 in 5 people experience loneliness, so you're not alone.

### Mindset tips

Know you are ok. It's not your fault.

Try and think of the positive things in your life.

Loneliness is not permanent – things always change and this too will pass.

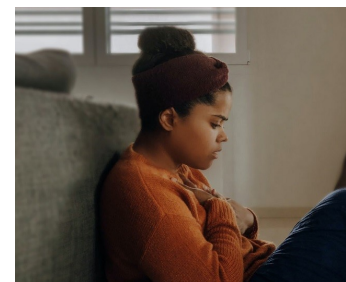
### Practical ideas

What is making you feel lonely – is there anything you can change?

Distract yourself with hobbies or activities – old or new. What are you passionate about?

If you feel able, why not try a new social club, drama or music group, or sporting activity. There's lots on in Surrey.

Try not to compare yourself to others. It's ok to take a step back or reduce your social media usage if you feel you need to. Always remember, social media isn't always



the truth – it might look like others are having a better time, but who really knows?

If you're feeling down and lonely, don't be afraid to tell friends or family. That will help.

**You could also try speaking to an adult at school, or a support line/site, like [youngminds.org.uk](http://youngminds.org.uk), or [www.kooth.com](http://www.kooth.com) or [childline.org.uk](http://childline.org.uk)**

## Do you get the same opportunities?

We all know caring can be great, but it's tough too. Although the right support should help, you can get pulled away from your school work and social life because of caring, and it can affect your opportunities in life, longer-term.

The government is aware that young carers' opportunities can be limited because some of them are not getting the right support, and have set up an All Party Parliamentary Group Inquiry, looking at the 'life opportunities' young carers do – and don't – have.

*They want to hear from young carers, and young adult carers about your experiences.*

Do you feel you have the same opportunities as other children who aren't carers? Do you have time to do all you need to,



including school? Could you get better support?

And if you're older, have you had to make tricky decisions re work, uni, or leaving home, because of caring?

Please share your thoughts, by completing this form: <https://tinyurl.com/3peu394p> (by Sunday 23rd July)

And find out more on Carers Trusts' website <https://tinyurl.com/j55nm28s>

## £1 benefits tickets

If your family is on benefits, you may all be entitled to visit the fantastic Hampton Court Palace, for just £1 each, in their new trial scheme, running till 9th July.

<https://tinyurl.com/2s38v5rv>

Beautiful RHS Wisley also have a £1 benefits scheme, if you're into beautiful spaces and flowers!

<https://www.rhs.org.uk/gardens/wisley/articles/visiting-the-garden>



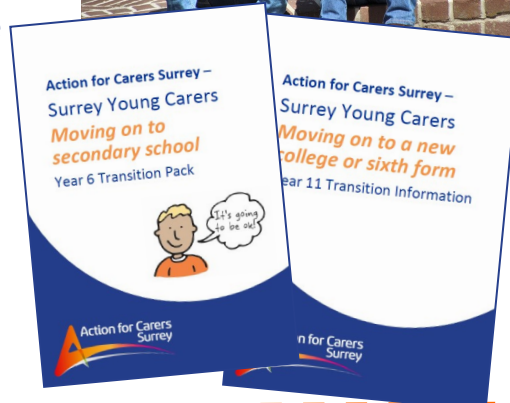
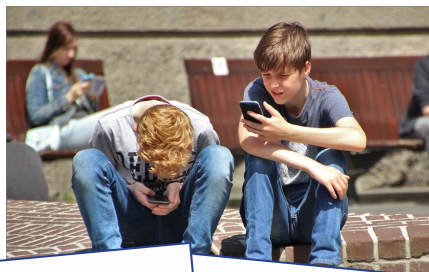
## School transitions support

We know that moving schools can be a big milestone in your life and the routine and friendships you have made.

We have taken steps to support you, as a young carer in this move.

In the coming months we will be sending all young carers in Year 6 and Year 11 a Transition Pack to help you in your new school or into further education.

Keep your eyes peeled for one of the packs and if you don't receive a copy for any reason, just get in touch.



Pour on lotion,  
Rub it in.  
Perfect for  
My summer skin.

On my bike  
Or in the pool,  
A sip of water  
Keeps me cool.

Shades are on,  
Flip-flops too.  
In summer there's  
So much to do!

## Are there other carers in your family? A sibling over 18, parent, grandparent?

Please let them know our Adult Service can help them too! It offers information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, resources and much more. They just need to register: [www.actionforcarers.org.uk/register-with-us/](http://www.actionforcarers.org.uk/register-with-us/) or by phone on 0303 040 1234 (option 2).

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

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

## Recipe Corner

### Easy Nacho Bake

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

#### INGREDIENTS

- 1lb lean (at least 80%) mince
- 1 medium onion, chopped (1/2 cup)
- 1 package taco seasoning mix
- 1 can tomato soup
- 1 can (15 oz) kidney beans, drained
- 1 can (11 oz) sweetcorn
- 6 cups tortilla chips
- 1 cup shredded Cheddar cheese (4 oz)
- 1 large tomato, chopped (1 cup)
- 1 cup shredded lettuce
- 1/3 cup sour cream

#### METHOD

1. Heat oven to 350°F. In a frying pan, cook beef and onion over medium-high heat for 5-7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.



2. Stir in taco seasoning mix, soup, beans and sweetcorn; heat to boiling. Reduce heat to low; simmer uncovered 8 to 10 minutes, stirring occasionally, until sauce is slightly thickened.
3. Meanwhile, place tortilla chips in a 13x9-inch baking dish. Sprinkle cheese over chips. Bake for 4-5 minutes or until cheese is melted.
4. Spread cooked beef mixture evenly over melted cheese. Top with tomato, lettuce and sour cream. Serve immediately.
5. Enjoy!

#### Nutrition Facts

**90 Calories, 26g Total Fat, 28g Protein, 60g Total Carbohydrate, 9g Sugars**

### JAM card

Does the person you help care for have a hidden disability or communication barrier?

The JAM card (<https://www.jamcard.org/>) lets them tell others that they need extra time and understanding in a private and easy way.

It's free. Apply online – card available both as digital and physical versions.



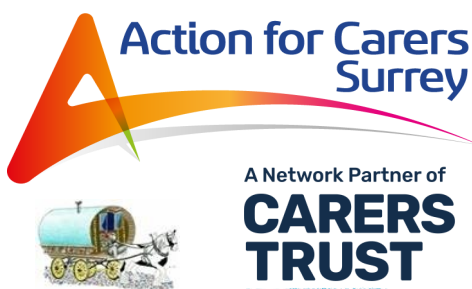
## CARERS TRUST



### HOLIDAY SURVEY

Carers Trust and Action for Children want know that school holidays can be a challenging time for young carers.

Can you tell them about your experiences in their very short survey? **Closes soon – Monday 3<sup>rd</sup> July:**  
<https://tinyurl.com/346zdvdv>



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

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