

OUR LIFE

SPRING 2024



Hello from Michelle

Dear young carers,

It's officially Spring! Time to throw off the blankets, get outside and enjoy the fresh air and lovely flowers that are blooming. As we look forward to brighter and (hopefully) drier days,

why not use the calendar ideas on how to get active with your friends and family.

There is lots of exciting news to tell you about in this bumper edition – most importantly Young Carers Action Day and the Young Carers Covenant. More on those follow!

Take care, and enjoy the spring weather.

Best wishes,

Michelle Harper, Manager SYC, Action for Carers Surrey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise
10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things
17 Be active outside. Dig up weeds or plant some seeds	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour
24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today

The Young Carers Covenant: sign it today!

The Covenant is a series of outcomes that young people from across the UK have highlighted as being key to improving their lives.

It was launched by national charity Carers Trust on Young Carers Action Day this year.

It's like a set of guidance that people – individuals, companies and organisations – should sign up to, to show that they are doing their best for young carers.

Across the country carer charities are asking their networks in education, health and social care to sign the covenant and commit to achieve the 10 outcomes, and

we of course are doing that too.

Signing it shows their support for young carers and young adult carers and their commitment to doing what they can to help make these outcomes a reality.

So our request to you is, is get everyone you know to sign it, share it and support it! And of course, sign it yourself.

More about it here: <https://www.actionforcarers.org.uk/news/young-carers-covenant/>

Sign it here: <https://carers.org/campaigning-for-change/the-young-carers-covenant>

The Young Carers Covenant

We are committed to a fair future for all young carers and young adult carers

We agree that:

Young carers and young adult carers are children and young people first; they should be recognised and listened to.	No young carer or young adult carer should take on caring roles which are inappropriate, excessive, or which negatively impact their life opportunities, health or wellbeing.
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We are committed to a future where all young carers and young adult carers:

Are identified at the earliest opportunity	Are able to thrive in education
Can access and succeed in employment/training opportunities	Have time for themselves
Are safe and secure	Can access support for themselves and their family
Feel they have choices in their lives	Have good physical and mental health
Can access and benefit from the rights they have	Live free from poverty

www.carers.org/youngcarerscovenant

Young Carer Films

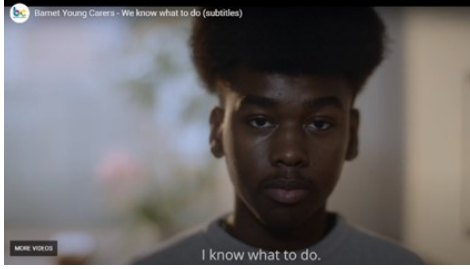
A couple of excellent short films about young carers, their lives and challenges have recently come out. Why not ask your school to show one of them or indeed our own Surrey Young Carers animation?

Sheffield Young Carers released their new animation on Young Carers Action Day.

London School of Economics and King's College had done research with 130 of their young carers, showing what barriers they faced. Co-produced with young carers, The animation explains the barriers and how they can be overcome, as well as what other support is there: www.sheffieldyoungcarers.org.uk/news/reducing-barriers-and-supporting-young-carers



know what to do
 'We know what to do' is from Barnet Young Carers. Young carers face many challenges in their day-to-day lives. This film is about those challenges, but, more importantly,



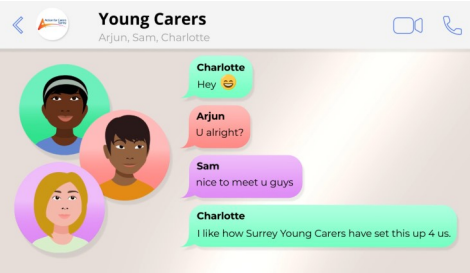
about how incredible young carers face up to them and deal with issues in their lives that many would find overwhelming.

You can see it here <https://www.youtube.com/watch?v=FrWSohFLPEE>

SYC's animation

We also produced a short animation, based on a messaging chat app, with young carers talking about their lives. It's been shown in a lot of Surrey schools as it also talks about our support. If you've not seen it, take a look today!

https://drive.google.com/file/d/1mvVSSZfKLZom0q_0V5Rnv3dHv4JmR_Pn/view



Specsavers Surrey Youth Games

In Surrey, the Specsavers Surrey Youth Games Programme is an opportunity for you to take a break from your screens (!) and try a new sport or activity. It's a chance to train with approved, friendly coaches, courtesy of your local council, all completely free.

Courses for those aged 7-16 start just after Easter, so take a look today! <https://www.surreycc.gov.uk/community/news/categories/families-and-young-people/surrey-youth-games-2024>



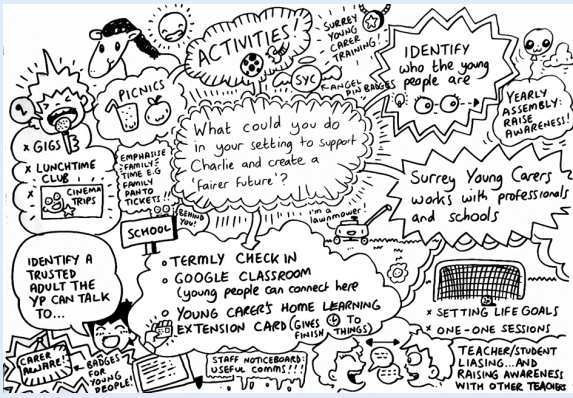
Easter Eggs

A big thank you to Spelthorne Voluntary Action & Berkeley Homes for their generous donation of 200 easter eggs to go to some of our young carers. What a chocolaty delight!

Comic Art... with an important message

This is a drawing from one of our YCAD events for professionals.

Comic book artist James Parsons created this visualisation of the professionals' brainstorm as they worked together to share their ideas of how best to support young carers in different settings. We will be sharing this with other Surrey professionals – lots of great ideas there!



Joke corner!



Jokes

What will happen if you push a dozen Easter eggs down hill?
They will become spring rolls!

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

Recipe Corner

No-bake Orange Cheesecake

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



INGREDIENTS

- 15 digestive biscuits
- 6 tbsp butter, melted
- 400g cream cheese
- grated zest of 3 oranges, save the segments for the decoration
- 200g mascarpone cheese
- 100g caster sugar
- 3 tbsp milk
- 184ml pot double cream

METHOD

STEP 1 Crush the biscuits roughly. You can do this by putting them in a plastic food bag and crushing them with a wooden spoon.

STEP 2 Put the biscuits into a bowl and mix in the melted butter. Put the mixture into a 23cm cheesecake tin, then use the back of a spoon to spread it evenly and press it down in the tin to form the base. Put the tin into the fridge to set. This should take about 30 mins.

STEP 3 Put the cream cheese, orange zest,

mascarpone, sugar and milk into a bowl and mix it well with the wooden spoon.

STEP 4 Put the cream in a clean bowl and whisk until it is the consistency of thick custard. Add to the orange mixture and mix thoroughly.

STEP 5 Remove the cheesecake tin from the fridge. Pour the filling over the biscuit base and spread evenly. Decorate with segments of orange and return to the fridge until ready to serve (at least four hours or overnight). **Finally, EAT – yum!!**

Cricket for young carers...

DEADLINE MONDAY 8th APRIL

Apologies that this is last minute, but there are some free tickets available for young carers, young adult carers, and families to visit the Oval Cricket Club and watch a county match.

This is a scheme with Carers Trust, that ran last year and is repeating this year. You can get up to 4 tickets to watch a match on Friday 12th and/or Saturday 13th April. On the Friday there will be specific activities too, including a chance to play cricket on the outfield.



If under 14 you must come with an adult. You need to make your own way to and from the Oval.

Interested? Please e-mail youngcarer@carers.org by Monday 8th April.

International YC Conference

The 4th International Young Carers Conference will focus on inclusion, empowerment, support and making an impact.

This international conferences is being hosted by Manchester Metropolitan University, supported by Eurocarers, Carers Trust, Linneaus University and MY TIME Young Carers.

It's a massive get together, and we're pleased that SYC's Michelle Harper and Claire Galvin will be attending. We'll hear how others identify and support young carers, globally, and hope to put some of these new ideas into practice back in Surrey. *We'll keep you posted!*



Action for Carers Surrey

A Network Partner of
CARERS TRUST



Call on 0303 040 1234, option 3 or email SYC@actionforcarers.org.uk

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