

OUR LIFE

SPRING 2025



Hello from Michelle

Dear young carers,

Hello everyone and welcome to our spring edition.

As the flowers start to bloom and the days get longer, we celebrate the beauty of this vibrant season.

Spring is a time of new beginnings and fresh adventures, and it's also a great opportunity to think about the important role of young carers in our community. You are amazing individuals who help family members, friends, or loved ones, often balancing your caring responsibilities with education and socialising. In this newsletter, we'll share fun activities, tips for self-care, and helpful resources for young carers like you.

On 12th March, Young Carers Action Day 2025, we hosted a variety of exciting events that brought young carers together to share their experiences, enjoy fun activities with family & make new friends. We also hosted a professional seminar with

partners in Surrey County Council, education and the NHS – read more about this on page 3.

All the best,

Michelle

Michelle Harper,
Manager SYC, Action for Carers Surrey

PS *It was great to run into some of you at our Bocketts Farm Family Day recently – here's me and the some of the team enjoying the country air!*



Complete our survey – £££s to be won!

Do you like being part of our young carers service? Can you tell us your views? You'll be in with a chance of winning an Amazon voucher of £25, £50, or £100!

We help thousands of young carers, and offer you a range of support including learning and wellbeing activities as well as fun events. We'd love to hear your views on our offer – what do we do well, what could we do better?

Ideally you fill it out yourself, but if preferred, a parent/carer can fill it out on behalf of their child (but a form per child please).

Please share *your* views here: <https://forms.office.com/e/5ByziGcF6A>

We'll randomly draw three lucky young carers as winners, who will each be emailed a voucher. *Good luck and thank you!*



Want to change what's taught in school?

The Government is running a Curriculum & Assessment Review, which will lead to changes to what is taught in school/college and how students are assessed.

If you're aged 11-20, share YOUR views at the Youth Shadow Panel online event on Saturday 5th April, 11am-12pm.

More info and register here www.eventbrite.co.uk/e/education-reform-roadshow-youth-shaping-the-future-of-education-online-tickets-1254359546169

What's been going on?

A few images from recent events, clockwise from right.

Recording at KANE FM; arts & crafts; Topgolf challenge; graffiti workshop (plus table football!); Gatwick Escape Rooms; and Family Fun at Bocketts Farm and at Hampton Court.



Thank you Berkeley Group!



Our lovely partnership with Berkeley Group is sadly coming to an end in April. They have been such great supporters of our charity over the past ten years.

During this time they have donated over 600 Easter Eggs, 15 boxes worth of wellbeing and Christmas gifts, did the Three Peaks Challenge, a Sky Dive, had numerous 'bake offs' and starred in their very own pantomime, *Jack in the Beanstalk*. This, amongst so much more, has gone directly to you to enjoy.

So, whether you received a chocolate calendar, a gorgeous bubble bath or an Easter Egg, it is likely to have come from the amazing Berkeley workforce in their Cobham and Send offices. ***We can't thank them enough for all they have done for young carers in Surrey.***

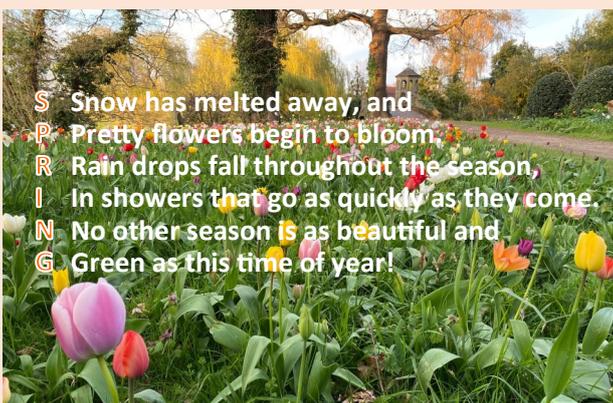




Staying motivated this Spring:

A few ideas for you to enjoy this season...

- 1. Get Outside** Enjoy the warmer weather by playing outside, going for walks, or riding bikes. Fresh air can boost your mood!
- 2. Start a Garden** Planting flowers or vegetables this can be a fun way to learn and see your hard work grow.
- 3. Set Goals** Create small, achievable goals for yourself, like reading a certain number of books or learning a new skill.
- 4. Try New Activities** Spring is a great time to try new sports or hobbies, like football, swimming, or painting.
- 5. Make a Spring Bucket List** Write down all the fun things you want to do this spring, like visiting a park or having a picnic.
- 6. Stay Organised** Keep your schoolwork and personal projects organised to help you stay on track and feel accomplished.
- 7. Connect with Friends** Spend time with friends, whether in person or virtually, to share ideas and motivate each other.
- 8. Celebrate Achievements** Acknowledge your accomplishments, no matter how small, and reward yourself for reaching your goals.
- 9. Stay Active** Participate in fun physical activities, like dance or outdoor games, to keep your energy up.
- 10. Be Creative** Use spring as inspiration for art projects, writing stories, or making crafts that celebrate the season.



S Snow has melted away, and
P Pretty flowers begin to bloom,
R Rain drops fall throughout the season,
I In showers that go as quickly as they come.
N No other season is as beautiful and
G Green as this time of year!

Young Carers Action Day!



Young Carers Action Day was on 12th March. Hopefully you attended some activities either with us, or at school/college to mark the day.

Nationally there was a lot going on. The theme was 'Give Me a Break', chosen by young carers. Charity Carers Trust noted that at least 16,000 young carers in the UK are caring for 50 hours or more per week, some of whom are just five years old. A group of young carers took an open top bus to Westminster to reach out to MPs and encourage them to do more.

Here in Surrey we had lots of our own events (some pictured page 2, left) including some Family Fun Days at Hampton Court and Bocketts Farm.

We also held an online seminar, with Surrey County Council, the NHS and other Surrey organisations. This event was for all kinds of professionals – from schools, to social workers, to GP practices – to try and help them identify and support more young carers.

There were lots of great speakers, including former young carer, Gina, who shared top tips for professionals to be aware of, like: "Get to know our family – know who we care for, why we do it, and how it affects us;" "Be patient with us – we might not always meet expectations, but that's not because we don't care or want to try"; "See us as more than young carers; there are other parts of our lives too."

What is a Young Carer? Your ideas...

We had a fantastic workshop at Farnham Maltings in March, where young carers made paper sculptures on the theme 'What is a Young Carer?' for YCAD.

We talked about how young carers are all different, and what you need. Visuals were then created based on the work of Charles McGee.

You'll see the final artworks in the Maltings in summer! You can read more on our website news pages.



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

Fancy a tasty treat? Let's get cooking!

Zesty Lemon Cheesecake

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

METHOD

INGREDIENTS

- 100g digestive biscuits
- 40g butter
- 250g cream cheese (like Philadelphia)
- 280ml double cream
- 100g caster sugar
- Zest of 2½ lemons
- 5tsp lemon juice – this is the juice of just under 2 lemons

Step 1 Line the base of an 18cm round loose bottomed tin with greaseproof paper

Step 2 Melt the butter

Step 3 Crush the digestive biscuits and mix in melted butter.

Step 4 Use the back of a spoon to push the biscuit mix flat into tin and put into the fridge to chill.

Step 5 Finely grate the zest of lemons. Squeeze out the juice until you have enough for 5 tsp and set aside.

Step 6 Whip the double cream until it forms a soft peak. Add the cream cheese, caster sugar, lemon zest and lemon juice. Whisk together until



combined and thick.

Step 7 Remove the tin from the fridge and add the lemon mixture. Add a little at a time and push the mixture down with the back of a spoon, so there are no gaps.

Step 8 Put your cheesecake into the fridge for at least 2 hours to set fully.

Step 9 Decorate your cheesecake with whatever you like!

Enjoy!!

SCC Our Voice Matters

The Our Voice Matters Survey is now open for your views, if you're aged 7-25, on your health, community, education, environment and transport. It's been co-designed by young people, and the aim is to use the feedback to make positive change for young people across Surrey.

Entrants will go into a prize draw with a chance to win an annual pass to one of Surrey's amazing theme parks!

It is your future so shape what's next.

Find it here: www.surreycc.gov.uk/children/support-and-advice/youth-voice/about/our-voice-matters/survey-2025



Jokes



Joke corner!

What did one raindrop say to the other?
"Two's company, three's a cloud!" ☁️💧

Why don't sheep get lost in spring?
Because they always *follow the herd!* 🐏

Why did the sun go to school in spring?
Coz it wanted to be a little *brighter!* ☀️🎓

What's the UK's favourite type of
springtime music?
Bloom and bass! 🎵🌸

**Action for Carers
Surrey**



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

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