

OUR LIFE

Summer 2025



Hello from Michelle



Dear young carers,

I hope you're all doing well and finding moments to smile, even during the busy times. For many of you, the past few weeks may have been especially challenging, some of you have just finished your end of year exams, SATs, GCSEs, or A-levels.

Balancing revision, exams, and your caring responsibilities is no small feat, and you should feel incredibly proud of everything you've managed to achieve. I also hope you've had a chance to take a well-deserved break, even if just for a little while. You've earned it.

Can you believe we're already halfway through the year? Time is flying, and we're sprinting toward the summer holidays! Whether you're looking forward

to some rest, fun activities, or just a change of pace, we hope the summer brings you something to enjoy.

As always, we hope you enjoy this edition of the newsletter. It's packed with stories, tips, and things just for you. And please remember – if you ever need to talk, we're here for you.

Take care and keep being amazing.

Michelle

Michelle Harper,
Manager SYC, Action for Carers Surrey



Young Carers Go Wild in Surrey Hills!

Early this year (in March) 21 of our young carers enjoyed a fantastic trip to the Surrey Hills, as part of a Youth Development Residential Weekend.

Taking place over the last weekend of March, and with beautiful weather, the 21 young carers hiked hills, climbed obstacle courses, made fires, shot arrows and more!

Not a huge amount of sleep was managed, due to all the excitement, but it was a weekend to remember, with friendships formed, skills learned and everyone enjoyed a well-needed and much deserved break.

See the video of the weekend here <https://youtu.be/Rnv7HZQ-vf4>

Thanks, and find out more...

Thank you to all those involved and who supported the weekend.

Read more here www.actionforcarers.org.uk/news/young-carers-enjoy-residential-weekend-with-surrey-outdoor-learning-development/



Do you know about all the rights you have as a young carer?

You are entitled to an assessment, plus support in places like school and your GPs.

Find out more on our ***NEW*** web page. Scan the code to take a look or it's here: www.actionforcarers.org.uk/who-we-help/young-carers-under-18/young-carers-rights/

Find out about your rights as a young carer in Surrey



What's Been Going On?

Images from recent events, clockwise from right:

Spin the wheel at Howard of Effingham school; racing day out at Brooklands Museum; learning with Berkeley Homes; Lego creations in Dorking; Bowling in Woking; fun at Kingswood Shetlands; out and about at Hampton Court; jumping around at Hever Castle; all aboard at SHAC; climbing at Yellow Spider; and making a splash in Shepperton!



Carers Card

If you're 13 or older and help care for someone at home, you can now apply for a Young Carers Card through charity Crossroads Care Surrey!



What is it? It's a special card that shows you're a young carer. It can help you explain your role if you ever need support or understanding – like at school, the doctors, or in public.

How do I get one? You (or your parent/carer) can apply online here: crossroadscaresurrey.org.uk/our-care-and-support-services/surrey-carers-card/ or call 01372 869970.

Thanks for Doing our Survey!

We're so grateful to each of the 207 young carers who took the time to complete our survey, your voices truly matter, and your feedback helps shape the support we offer. We will share more about what you said in future editions.

We're also delighted to announce the winners of our prize draw vouchers! The randomly selected young carers are:

- Lousia £25
- Luca £50
- Xander £100

Congratulations! We hope you enjoy spending your voucher on something you love – you deserve it! *Thank you again to everyone who took part*





Growing up with ACS – Ned and Nell

A huge thank you to two of our young carers, Ned and Nell, pictured. These siblings look after their Mum, and have been supported by us since they were little.

They are now young adults, and have been kind enough to share their story with ACS's Emma, in a video and written interview, talking about their lives, caring and support from us. **You can see their story here** www.actionforcarers.org.uk/carer-stories/

Carer stories help other young carers, because they can see people going through the same things as them, and they also help the public understand caring better. **If you might be interested in sharing YOUR story, please email** digital@actionforcarers.org.uk

FREE Summer Camps

Camps & Clubs in the Summer Holidays

Active Surrey runs Club4 (HAF) summer holiday camps for children aged 4-16 who are young carers or get benefit-related free school meals. Camps include fun activities and healthy meals.

Parents should receive notification from your school. (There used to be a voucher for this scheme, but now you're simply referred.) You then get the Parent Guide, and visit www.eegu.org/club4activesurrey to book a camp. *Please only book if definitely attending, as places are limited.* **Find out more on their site:** www.activesurrey.com/community/club4/parents

If you are unable to get a referral through school, our team at Action for Carers can also complete a referral for you, and send Parent Guide.

UCA Taster Days! 🎨

UCA has special Taster Days for current Year 10 students who are young carers (under the HEON* programme). Offered across art, graphics, animation, acting, textiles and more, the Days offer you a chance to experience a creative university setting, meet artists, academics and students, as well as get some hands on experience with equipment and software.

- **24th July, 10am-2.30pm – UCA Farnham: Fine Art, Graphic Design, Animation, Acting & Performance**
- **25th July, 10am-2.30pm – UCA Epsom: Textiles and Creative Business**

Find details for these and more courses here www.uca.ac.uk/study-at-uca/heon/taster-days/

**The HEON programme helps young people, who might otherwise not have had access, get into higher education.*

University of Surrey

Surrey Scholars is Surrey University's programme of activities for students who are underrepresented in university, including young carers. They have a programme for pupils in years 9-13, offering a range of activities to help you find out more about higher education, and get support. **More info and sign up here** outreach.surrey.ac.uk/activity/surrey-scholars/



Circus Starr: FREE tickets!

Wonderful Circus Starr www.circus-starr.org.uk have given us 50 tickets for their performances (4.45pm and 7pm) on Tuesday 23rd September, in Bourne Hall, Ewell. Circus Starr ensure their performances are accessible, magical experiences, especially welcoming to children with disabilities and their families.

Shows features dancers, clowns, acrobats, juggling, giant balloons, contortionists and more!

Apply here  forms.office.com/e/X1jA2aDxgY?origin=lprLink



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

Fancy a tasty snack? Let's get cooking!

Cheesy Veggie Quesadillas

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

INGREDIENTS

Makes 2 servings

- 2 large flour tortillas
- 1 cup grated cheese (cheddar or your favourite)
- 1/2 cup sweetcorn (canned or frozen)
- 1/2 red pepper, finely chopped



METHOD

Prep the filling

Step 1 In a bowl, mix the grated cheese, sweetcorn, and chopped red pepper.

Assemble the quesadilla

Step 2 Lay one tortilla flat. Sprinkle the filling evenly over it, then place the second tortilla on top.

Cook

Step 3 Heat a non-stick pan over medium heat.

Step 4 Carefully place the quesadilla in the pan and cook for 2–3 minutes on each side, until golden and the cheese is melted.

Serve

Step 5 Let it cool slightly, then cut into triangles. *Enjoy warm!*



Want to be in the next issue?

Do you have a joke, a cool idea, or a big question you'd like to share?

We'd love to hear from you! Your thoughts could be featured in the next newsletter – with your name in lights (well... in print!).

Send your ideas, jokes, or questions to digital@actionforcarers.org.uk

Jokes



Joke corner!

Why don't seashells take baths?
Because they wash up on the beach!

Where do birds go on holiday?
Somewhere cheep!



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

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