

OUR LIFE

Autumn 2025



Hello from Michelle

Hello everyone,

I hope you've all had a lovely summer break and managed to enjoy some well-deserved time for yourselves. It was great to see so many of you at the events we ran over the holidays, we hope they gave you a chance to relax, meet other young carers, and have some fun.

As the new school year begins, I want to send a special shout-out to those of you who have moved on from primary to secondary school, started sixth form, or headed off to college. These are big steps, and you should be proud of yourselves for getting there. I hope the start of term has gone smoothly and that you're settling in well.

For those who received exam results over the summer, I hope you got what you were hoping for. But if things didn't go quite as planned, please remember: your results do not define your future.

Life has many paths, and success comes in many forms. What matters most is your resilience, your kindness, and your courage, all qualities you show every day as young carers.

We're here for you, cheering you on every step of the way. Wishing you a brilliant year ahead full of growth, laughter, and support.

Best wishes,

Michelle

Michelle Harper,
Manager SYC, Action for Carers Surrey



Move to email from print

Postage for these newsletters is a huge cost for us as a charity. We've therefore decided to move some of you to digital editions.

From January, those of you aged 11 and above will receive an email with the link (unless you request otherwise). It will still be the same mag! But will help save us funds for other activities.

In our own words project



Could you be a Youth Researcher?
Surrey Youth Voice seeks young people aged 14-25 who have used mental health and/or wellbeing services to become Youth Researchers.

You get training, can lead projects and are rewarded (with vouchers).

They especially want to hear from young carers!
Could this be you? www.actionforcarers.org.uk/get-involved/use-your-voice/consultations/

IMPORTANT

ACS phone system change...

We have a new phone system which is more efficient, allowing us to save time and manage calls better.

So now, whenever any of our team call you, the number you'll see displayed on your phone will always only be 0303 040 1234.

If you had a direct line for any member of staff, this is now closed. Please instead call the main number, 0303 040 1234, and you will be put through.



What's Been Going On?

Images from recent events, L-R each row from top:

Our two summer family fun days: Tilgate Park and Guildford Spectrum; Gatwick Museum trip; ACS International School Activity Day; Paddleboarding Guildford; Walton Firs activity day; Sussex Wildlife Woodlands; Lego Friendship group trip; Art Day; Rock Steady Session; Archery Session Walton Firs.



When things change, please let us know!

We hope all our young carers and families had a fantastic time at the events over the summer. It was wonderful to see so many of you enjoying yourselves and making great memories together!

We've noticed that during the summer lots of places were accepted but not used on the day, and unfortunately, we weren't told in advance.

This meant we couldn't offer those spots to other families and young carers who were on waiting lists, and sadly, it resulted in a significant waste of resources.

We completely understand that plans can change, but if you're ever unable to attend, please call 0303 040 1234 to let us know as soon as possible. That way, we can make sure someone else gets the chance to benefit – and we make the most of every opportunity for our young carers.



News and Updates

Is your school an Angel School?

Our Angel Award scheme was developed by young carers, with us, to help carer pupils be recognised and supported at school.

Our Award is made to schools that demonstrate they are 'young-carer friendly'. Schools have to meet eight standards, checked by our staff and young carers, like having a carers' support group, and training their staff.

Many Surrey schools are already 'Angel' schools — recent awards were made to Lakeside Primary, and Rodborough School, both pictured. *If your school is not yet signed up, why not ask?*



More on the scheme here www.actionforcarers.org.uk/for-professionals/schools-colleges/the-angel-award/

BE AWARE...

In 2025, 2,777 young carers were found in schools across Surrey — that's the second highest number in all of England!

But here's the thing: around 170 schools in Surrey said they had no young carers or only a few. That probably means there are still lots of young carers who haven't been noticed or supported yet.

Young Carers Action Day 2025 is coming up in March, and it's a great chance for your school to get involved! *Start thinking now about how you can help find and support more young carers in 2026!*

Top Tips!

Time-Saving Hacks for Busy Days

- Prep clothes and bags the night before
- Use timers to stay focused on homework
- Keep a 'grab-&-go' snack box for busy mornings

Self-Care in Five Minutes

- Listen to your favourite song
- Do a quick breathing exercise
- Write down one thing you're proud of today

Acrostic poem: YOUNG CARERS

You carry strength beyond your years,
Overcoming challenges with quiet grace.
Unseen by many, but deeply admired,
Nurturing others while finding your place.
Giving love, time, and care so true,

Courage shines brightly in all that you do.
Always putting others first, yet still you grow,
Resilient hearts that bravely show
Even in tough times, hope finds a way.
Remember: your light helps brighten each day.
So proud of you — today and always.



National
Voices:

The Children's Commissioner is a government role responsible for promoting and protecting the rights of English children, especially the most vulnerable.

The Commissioner has a new Youth Voices Forum, for young people to tell the adults who make decision on their behalf, what they think.

If you are 13 or above, you can sign up and be the voice of national change. Young carers are particularly welcome.

You can find out more and sign up here:
www.smartsurvey.co.uk/s/YouthVoicesForum/

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. **Get them to register at www.actionforcarers.org.uk/register-with-us/ or phone on 0303 040 1234 (option 1).**

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

Fancy a tasty snack? Let's get cooking!

Caprese Chicken

Don't forget to ask an adult for help if needed.

INGREDIENTS

- 2 boneless chicken breasts
- 125g fresh mozzarella (sliced)
- 2 medium tomatoes (sliced)
- Fresh basil leaves (a handful)

METHOD

Preheat oven to 200°C (180°C fan) / 400°F.

1. Season chicken breasts with salt and pepper, then place in a baking dish.
2. Bake for 20–25 minutes until cooked through.
3. Remove from oven, top each breast with mozzarella slices and tomato slices.
4. Return to oven for 5–7 minutes until cheese is melted.
5. Garnish with fresh basil leaves and serve immediately.



Looking for your next good read?

Here's a couple of books that might be of interest, both featuring young carers. Find them at your public library, school library or online. Do you have a book you'd like to tell others about? Email us digital@actoinforcarers.org.uk



The Letter with the Golden Stamp, by Onjali Rauf, tells the story of young carer Audrey, living in Swansea, who's looking after her increasingly unwell mum, taking care of her siblings, but keeping it all a secret. (Age 8-12)

In ***Running on Empty*** by S E Durrant, main character AJ tries to keep his grief and anxiety at

bay by running. A book about false starts and emotional journeys. (Age 10-13)



Joke
corner!

(Back to school edition!)

Why did the kid cross the playground?

To get to the other slide.

What did the pen say to the pencil?

What's your point?

Why did the boy steal a chair from the classroom?

Because the teacher told him to take a seat.



Call on 0303 040 1234, option 2 or email SYC@actionforcarers.org.uk

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