

# OUR LIFE

Spring 2026



## Update from Michelle, and our CEO Tim Bevans

Hello everyone,

As Spring arrives and everything starts to grow again, I've been thinking about how much this charity has grown too and how lucky I've been to be part of it for the past 23 years.

At the end of this month, I'll be moving on, and even though it feels strange to say goodbye, I want this message to feel positive and full of the pride I have in all of you. I've loved every moment here. From my early days in the charity to becoming Young Carers Manager in 2007, it's been an amazing journey. I've seen so many faces over the years, staff, volunteers, young carers who are now adults with children of their own in the charity and every one of you has left a mark on my heart.

I've worked with incredible colleagues, and I'll miss them more than I can say. But the biggest thing I'll miss is *you*. You are an inspiring group of young people who give so much, often without anyone seeing the full picture. You deserve every bit of support, every chance to shine, and a future full of possibilities. Watching confidence grow, making friends, trying new things, and benefitting from the charity's work has been the best parts of my time at Action for Carers.

I'll still be cheering you on and keeping in touch with all the brilliant and exciting things that are on the horizon. I wish every one of you all the love, success, and happiness you deserve. Thank you for letting me be part of your world. It's been a privilege.

Best wishes,  
*Michelle*

Michelle Harper, Manager SYC, Action for Carers Surrey

### Message from CEO, Tim Bevans

We know that many of you benefit from the support of our staff, fun activities, information and advice, and more.

However we've also been listening to our young carers and know there are things you'd like done differently – for example more of certain types of events, or the chance to meet up with the friends you make at our events more regularly.

We have some exciting things planned which include regular young carer youth groups in 8 locations across the county as well as holiday clubs and residential. We are also creating a new team to work with young carers who've finished school and are off to uni, college, or work. We are still finalising the details of these changes but please look out for emails in the coming weeks.

And check out the news about the Young Carers Festival (*see back page*) – you could be going to a festival made just for you, with other young carers from around the country!

With best wishes,

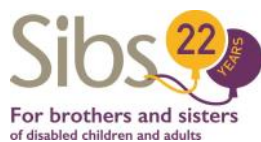
Tim Bevans, CEO, Action for Carers Surrey

## Siblings Day

National Siblings Day is on Friday 10th April – a day to raise awareness of brothers and sisters and the role by they play in the lives of their disabled siblings.

This year charity Sibs want everyone to take time out on the day, to make sure all siblings know how much they are loved and valued. They encourage parents, teachers, friends and siblings themselves to share the sibling moments that make you extra proud – and share with #ItsASiblingThing and #NationalSiblingsDay. Maybe encourage your school to celebrate the day?

Find out more, including resources for young carers, parents, schools and others too, at [www.sibs.org.uk/nsd](http://www.sibs.org.uk/nsd) **Happy Siblings Day!**



## Young 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.

You can read all our carer stories on our website at [www.actionforcarers.org.uk/carers-stories/](http://www.actionforcarers.org.uk/carers-stories/) including recent stories from Dominique and Gracie, pictured.

**Thanks to all our carers for sharing!**

Interested in sharing YOUR story?  
Please email [digital@actionforcarers.org.uk](mailto:digital@actionforcarers.org.uk)

# What's Been Going On?

*Images from recent events, L-R each row from top: Gameheads; Stop-animation workshop; Carer stories event; Nerf party; Space science day; the Be Me project; Rocksteady; Yoga & Chat; and Forest Friends!*



## Prom outfits help



**Are you looking to go to your school prom, but are wondering about where to get your outfit?**

The organisations below can help with prom dresses and suits where families have money worries (because of situations like caring).

In Woking, there is **The Lighthouse** [www.the-lighthouse.info/projects/prom-project-woking](http://www.the-lighthouse.info/projects/prom-project-woking)

And there's also national scheme, **PromAlly** [www.promally.co.uk/](http://www.promally.co.uk/)

## Futures – a young carers voice

In quiet strength, you rise each day,  
Before the world begins to play.

You lend your heart, your helping hand,  
In ways that few will understand.

You juggle school, you soothe and care,  
You carry more than peers might dare.

Yet still you dream, and still you try,  
With hope and courage soaring high.

Fair futures bloom when we all see  
The strength in you, the empathy.

So here's to you, your light, your grace,  
A young carer shaping a kinder place.

# News and Updates

## YCAD Fair Futures for Young Carers

On Wednesday 11 March, we celebrated **Young Carers Action Day (YCAD)** a special day all about *you* and the amazing things young carers do every single day.

We were so excited that 49 professionals joined us live. Our guest speakers shared thoughtful, inspiring messages about why it's so important to spot young carers early and make sure you get the support you need with your feelings, your school life, and your friendships.

One of the best parts of the day was sharing our brand new YCAD video, where some of our brilliant young carers spoke directly to professionals about what would help create a fair future for them. The adults watching really listened and they made some promises about what they will do next to support young carers better in their roles.

A message that really stood out was this: **YCAD is one day... but young carers care 365 days a year.** And that's exactly why your voices matter so much. We will have the video on our website very soon, so please look out.



## Free cricket!

Like cricket? Young carers can get free tickets for the Surrey v Leicestershire County Championship season opener at The Kia Oval.

You can attend one day, or both (Saturday 11th, and Sunday 12th April). Play usually runs 11am-6pm. **Just book on this link.**

On the first screen, click 'buy now' and choose your day, then select 'Priority Access Only' (2026TIX – Carers Day). On the next screen, choose the number of tickets you need under the 'Carers Day' option, then 'buy now'.

**On the day, enter via the Alec Stewart Gate (Vauxhall end), 3rd floor: Saturday it's boxes 52 & 53; Sunday box 49.**

**Enjoy!**

## Young carer word puzzles: some fun for the holidays

A	S	P	I	R	A	T	I	O	N	S	D	F	N	L
M	E	D	G	E	T	M	R	I	L	Y	C	Y	O	X
A	K	E	T	R	E	P	N	J	H	Q	W	I	I	H
Z	U	N	P	A	I	D	O	T	D	A	R	B	T	E
I	S	U	A	C	V	M	A	R	D	N	U	Y	A	T
N	J	B	E	Z	G	P	L	O	N	E	I	G	C	R
G	E	A	B	L	M	A	S	T	O	I	P	K	U	O
R	O	D	N	E	P	H	Y	S	I	C	A	L	D	P
M	I	F	G	F	A	I	R	F	U	T	U	R	E	P
U	E	M	O	T	I	O	N	A	L	F	H	V	A	U
N	A	T	R	U	S	T	O	R	J	A	O	B	K	S

## ANSWERS

*Find them on the wordsearch!*

ASPIRATIONS

CARER

UNPAID

EDUCATION

FAIR FUTURE

AMAZING:

EMPATHY

SUPPORT

TRUST

EMOTIONAL

PHYSICAL

KIND

## CLUES

- Big dreams and goals for your future.
- Someone who looks after another person.
- Work you do without getting money.
- Learning in school, college or training.
- What we want for all young people – equal chances ahead.
- Another word for brilliant or fantastic.
- Understanding how someone else feels.
- Help you give or receive when things are hard.
- Believing someone will do the right thing.
- To do with feelings and moods.
- To do with the body and health.
- The way you show care through small actions that make a big difference.

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

## Spring Lemon, Pea and Chicken Pasta

Serves 2. Cooking time 15 minutes.  
*Don't forget to ask an adult for help if needed.*

### METHOD

- Cook the chicken:** Heat a little oil or butter in a pan. Add the chopped chicken breast and cook until it's golden and fully cooked through.
- Boil the pasta:** Cook your pasta in salted water according to the packet.
- Add the peas:** In the last 3 minutes of the pasta cooking time, tip in the frozen peas.
- Combine everything:** Drain the pasta and peas, then stir in the cooked chicken, a spoonful of butter (or a drizzle of olive oil), lemon zest, and a squeeze of lemon juice.
- Season and serve:** Add salt/pepper if you like.



### INGREDIENTS

- Pasta (any shape)
- Frozen peas
- 1 chicken breast, chopped into small pieces
- Lemon (zest and juice)
- Butter OR olive oil

## Dreams For Hope: bed help

Sadly some children in Surrey don't have a bed of their own. But an organisation called Dreams For Hope can help. They provide free beds for children and young people aged 2-18, including young carers.



**To ask for help:** Email [jamesvizzini@dreamsforhope.com](mailto:jamesvizzini@dreamsforhope.com) and let him know the following information: Your name, aged, address, parent contact (with their permission), explaining why you need a bed, and any extra needs you have (e.g. if neurodiverse).

You'll also need to say how urgent the situation is (e.g. if you're sharing a sofa.) They will get back to you when you can.



**Jokes**



## Joke corner

Why are trees so excited in spring?  
Because they finally get to *turn over a new leaf.*

## Young Carers Festival 2026!

We have the opportunity to take a group of 20 young carers to the [Young Carers Festival](#) near Southampton on 26-28 June.



This is the world's largest residential festival created exclusively for young people with caring responsibilities! A proper break. Real laughs. No explaining. Just a weekend where you can breathe, be yourself, and have fun with people who get it.

The Young Carers Festival is a **full weekend** camping experience for young carers aged 11-17, packed with music, activities, fairground fun, and places to switch off when you need to.

We are asking for Expressions of Interest in the first instance (this is **not** a booking or a confirmed place) as we want to gauge how many people may be up for it.

So if you're interested, complete this [online form](#) by Friday 17<sup>th</sup> April. The weekend will be fully funded but we may ask for a small deposit to secure a place which will be refunded for all those who attend. If you don't have essential kit such as a sleeping bag this can be sorted so please don't let this be a barrier.

**Action for Carers Surrey**



A Network Partner of  
**CARERS TRUST**

Call on 0303 040 1234, option 2 or email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk)

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Registered Office: Astolat, Coniers Way, Burpham, Surrey GU4 7HL.  
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