

OUR LIFE

AUTUMN 2023

Hello from Michelle



Dear Young Carers,

It is hard to believe that Autumn is here after a last spurt of summer sun! I hope you all had a great break and managed to join us on some of our lovely events throughout the holidays.

School and college are back on full speed, and I am sure your heads are full of learning, remembering and the trying to complete the dreaded homework on top of everything else you do!

I have already spotted Santa and winter decorations filling up the shops and window displays but I'm refusing to acknowledge it until the leaves have fallen and the dark nights have truly set in.

I hope you enjoy reading our latest edition and as always, if there is anything you would like to share with the 2,000+ young carers in Surrey that receive the newsletter, please just contact me and send it in to Michelle.harper@actionforcarers.org.uk. **Thank you!**

Michelle Harper,
Manager SYC, Action for Carers Surrey

PS A little Halloween joke...

How does a witch know the best time to go trick or treating? She checks her witch watch!

SYC Forum: Russ

BIG thanks to those of you who worked together with me to create a new poster for the Surrey Young Carers Forum!

It's now been produced and is being shared everywhere. If you'd like to put up the poster somewhere, like your school, download it here <https://tinyurl.com/2reuxzsp>

Find out more about the Forum on the website, or please drop me, Russ, a line at syc@actionforcarers.org.uk



The Big Ambition Survey — have your say!

The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England.

The Big Ambition wants to hear from young people like you, on what *you* think is important.

In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

The Big Ambition survey is here:

www.childrenscommissioner.gov.uk/the-big-ambition/ and is open till Friday 15th December.



What's been going on?!

An update on events that some of our young carers in different parts of Surrey have been able to attend.



From above, clockwise left, clockwise: animal adventures in Shamley Green; climbing and tasty food in Caterham; more food and climbing at ACS Egham; hat fun at Hampton Court; giant paddleboarding; foot-golf at Gatwick and crazy gold at Horton.

Cheap buses for u

Half price fares across Surrey

Young people aged 5 – 20 are now entitled to 50% off bus fares on all single and return journeys across Surrey by showing Surrey County Council's new 'LINK' card.

The card is free of charge. You can apply easily on line (your parent can apply on your behalf) here at www.surreycc.gov.uk/surreylink.

Read more about the scheme here news.surreycc.gov.uk/2023/07/03/half-price-bus-fares-for-under-20s-in-surrey/

Go on... apply today!

LINK

Aged 20 or under? Apply for a free 'LINK' card and get 50% off* all adult bus fares in Surrey.

Jonathan Stevenson
1234 5678 9123 4567
Apply date: [blank]
LINKING YOU TO SURREY BUSES

Jonathan Stevenson
1234 5678 9123 4567
Apply date: [blank]
LINKING YOU TO SURREY BUSES

Apply online and find out more at surreycc.gov.uk/surreylink

* Please note the LINK card discount does not apply to: a child fare, season tickets or tickets purchased under the £2 bus fare cap scheme.

SURREY COUNTY COUNCIL

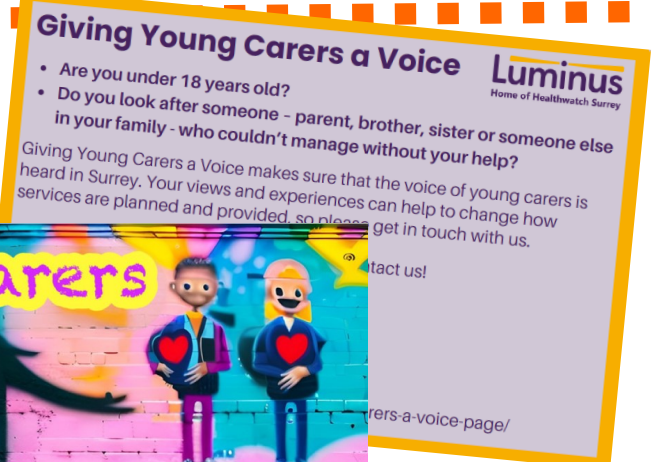
Your Voice postcard designs

Hi, Pam at Healthwatch here!

I want to thank all the young carers for their input in designing the new postcard we've created—see right. It looks fantastic!

It's being given out at meetings and events, asking young carers' for their views on services in Surrey, so please look out for it! Look forward to catching up with many of you again soon.

Pam, Giving Young Carers A Voice, Healthwatch Surrey (part of Luminus)



To get involved
call 0303 303 0023
or email info@luminus-cic.uk (or scan the code, left)

Elliot interviews Ellie & Alice

Thanks to former young carer, Elliot, who did work experience with us this summer for interviewing SYC staff Ellie and Alice (E & A)! Here's their chat...

Tell me a little bit about yourself?

Ellie I have a puppy called Stan, who is just the best. I went to university and got my degree in psychology and child development. I also got married a couple of months ago, and while we haven't gone on our honeymoon yet, we hope to eventually go on a safari.

Alice I also went to university and I also got married fairly recently – in February. I have a two-year-old daughter and a dog called Nelson, and I really enjoy just spending my spare time with family and friends.

What's a typical day like?

E A lot of the time I'm working from home, organising activities, doing paperwork etc, but then there's also the event days where a lot happens!

A On event days, the morning starts with a lot of admin, reading emails, checking we have the right information in the right place (eg allergy forms). I'll make a quick run to the office to grab the stuff I need – like the first aid kit – and then to the shops for snacks and refreshments. Then I go to the venue, run the event and go home. It sounds like a lot, but event days are really fun, and I love doing them.

What's the best thing about working here?

E I just love being able to help the kids, being able to be that person who can take them out of their caring situation – whatever it may be – and just let them have fun and relax. Also, the activities are very fun so that's a nice little bonus.

A Just seeing the enjoyment on faces is amazing in itself. But I really do enjoy seeing the kids – especially teens – swapping numbers and building a support group from the people they meet. And aside from that the team here is amazing, everyone gets along from



each other, it's kind of like a family dynamic.

If anything, what would you say is your least favourite part about work?

E One thing is when people doesn't show up to events. Obviously, people have their reasons and that's fine – if someone can't make it then they can't, but it can be annoying sometimes.

A Yeah, I agree, especially like chasing people when they don't show up or don't give us the correct details.

What has been your favourite event?

E I mean the young carers always love something that's like out of the ordinary, stuff you wouldn't normally do. But for me I've done the Dorking Fire Station a couple of times and me and the kids loved it! I also love doing things like adventure golf. Oh also, when we had an event with Surrey Hills Radio – it was so popular.

A Probably when I went on Fright Night at Thorpe Park with the teens, they absolutely loved it. For the juniors I'd have to say when we had the animal man who brought a crocodile and giant snake – really cool!

Anything you'd like to share with readers?

E We're nice people, just come to events! You know the first step can be daunting but if you just come you'll have a great time and it'll definitely be worth it.

A We do listen to our young carers and consider what people say and want. If you're thinking "Oh I don't know if I'm really going to like the session", just come and try it – worst that could happen is you're a bit bored for a couple of hours. And if you are you can tell us what you didn't like that much and we'll try to sort it out and do what we can for next time.



Thanks again to Elliot for being our interviewer!

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. **They just need to register:** www.actionforcarers.org.uk/register-with-us/ or by phone on 0303 040 1234 (option 2).

Our support for young people

Find out about all the support we offer young carers here: www.actionforcarers.org.uk/who-we-help/young-carers-under-18/ Our support is for a two year period, but this can be reviewed if the young person's situation changes.

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

Recipe Corner

Apple on French toast

Yummy French toast and caramelised apples —
perfect for breakfast, lunch or a tasty snack!

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

**Total time 20 minutes (that's 10 mins
preparation and 10 minutes cooking)**

INGREDIENTS

- 1 apple, sliced
- Demerara sugar (a sprinkle)
- 2 eggs
- milk (a splash)
- Bread (2 slices)

METHOD

Fry slices of eating apple in butter until golden, add a sprinkle of brown sugar and heat until caramelized.

Beat 2 eggs with a splash of milk, dip each slice of bread into the egg mixture until the eggs soak in and then fry until golden and cooked.

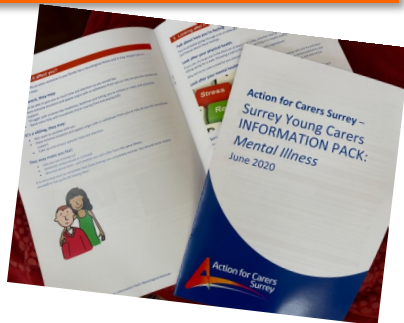
Serve topped with the apples.



Resource packs FREE for you

We have a range of resource packs that are available to you free of charge, just drop us an email at SYC@actionforcarers.org.uk and we can email or post you a copy.

There's *Caring for someone with... Mental illness, Neurological illness, Physical illness, ASD*. There's also *Year 6 transitions, and Year 11 transitions*. Plus we have *A life beyond caring, building resilience and wellbeing*.



Autumn Winds

Autumn winds begin to blow,
Colored leaves fall fast and slow.
Whirling, twirling all around,
Till at last they touch the ground.



Shout out to Hay House!

A big THANK YOU to [Hay House Publishers](#) for kindly giving us free books on wellbeing and positivity. We shared the copies with young carers at an event in the summer. Thanks Hay House :-)



Call us on 0303 040 1234 (opt 3) or email SYC@actionforcarers.org.uk

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