

# OUR LIFE

WINTER 2022-23



## Hello and Happy Holidays from Michelle



As our 30th year as a charity draws to a close, I would like to remind ourselves of what a year this has been for Surrey Young Carers.

We, like many other charities have had to change and think differently about how we use our funding to support the 2000+ young carers registered with our service. We have been able to put on some amazing events for you all, which I hope you have enjoyed!

We absolutely could not have made the impact we have without the support of our donors, volunteers and the wider community. So, I wanted to take this opportunity on behalf of the whole Young Carers team to say a huge thank you to everyone who has helped us and in turn helped you have a break 😊

We will jump into 2023 in the same we always have, with determination, passion and by listening to what you want and need from us.

Thanks to everyone that filled in our annual survey, we will keep you updated on the changes we make based on what you have said to us!

Wishing you all a lovely festive break and let's all think of positive things we want to take and do in the New Year.

Take care,

A handwritten signature in black ink that reads "Michelle Harper".

Michelle Harper, Manager SYC, Action for Carers Surrey

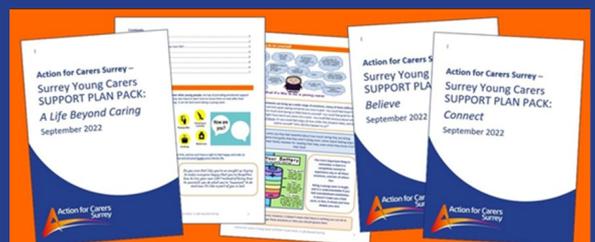


## Advice, information and strategies on being a young carer

We've created new resource packs to help you in your caring role. There are 8 packs, each focusing on a key topic. They are:

- **Belong** • **Believe** • **Trust** • **Hope** • **Connect**
- **A Life Beyond Caring** • **Wellbeing**
- and • **Building Resilience**.

Any young carer can request one of these packs and we would be happy to post a copy to you, or email it across. To request one, please email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)





# What you said: and what we'll do



41%  
Enjoyed our  
Zoom events



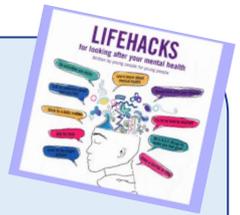
Arts, Crafts  
& Active  
"Excellent service resorted  
my faith in things"



"Surrey young carers are a great place for  
me because it's a safe place and great  
place to meet others"



*I just want to say a huge thank  
you to all the team at SYC you  
really made me feel more  
supported and less alone  
being a young carer and  
gave me events where I could  
let loose and be  
a real teenager and I will  
forever  
value and cherish that!. Please  
keep doing what you are  
doing!!*



This book,  
*Lifehacks*, has  
been written by  
young people,  
for young  
people. Click on the [link](#) for the  
FREE full book and remember...

1. Be kind to yourself
2. Do activities you enjoy
3. Talk to someone about how you feel
4. Do E.A.S.Y. things that make you feel good
5. Spend time with your friends not online
6. Keep a journal or a blog
7. Look at the bigger picture
8. Learn more about mental health
9. Stick to a daily routine
10. Ask for help

You can download it here:  
[www.cypsomersethealth.org/  
resources/Mental\\_Health/  
Mental\\_Health\\_Life\\_Hacks/  
LifeHacks\\_-\\_](http://www.cypsomersethealth.org/resources/Mental_Health/Mental_Health_Life_Hacks/LifeHacks_-_Looking_after_yourself.pdf)  
[Looking\\_after\\_yourself.pdf](http://www.cypsomersethealth.org/resources/Mental_Health/Mental_Health_Life_Hacks/LifeHacks_-_Looking_after_yourself.pdf)

## Survey feedback

A big THANK YOU to all the young carers and their families who completed the annual survey to help us improve our support.

We had a 186 responses with some really helpful feedback that we will be taking forward with the Team.

The winners of the £25 Amazon vouchers prize draw for completing the survey are:

- **Isabella** from Caterham
- **Evan** from Horley
- **Willow** from Guildford
- **Izzie** from Warlingham

### In summary:

Those who attended our Zoom events enjoyed them. BUT most of you prefer meeting other young carers out of the house and face to face. The majority of you enjoy arts and crafts and being active and sporty.



126 of you said you prefer our events to be held at during the weekends.

Email was the preferred choice of how to send our invites to you. BUT having a flyer sent by post and was also really helpful as you could pin it to the fridge as a reminder.

A young carer commented "It was really nice to receive *HAPPY POST.*"

One of the biggest barriers to attending our events was "not being able to get there!"

Some venues were considered too far away and some fell on days that you couldn't make.

### As a promise to you, we will:

- Plan and move our events across the county,
- Plan events on Zoom and face-to-face to give you both options,
- Send out email invites and monthly postal flyers,
- Look at different options and funding streams that can help with transport to events.

*Thank you so much  
again for sharing  
your experiences  
and views.*



# CARERS TRUST

## YCAD23 Survey

Carers Trust's new survey wants to hear from YOU about the pressures and challenges you face as a young carer.

They will use the information to campaign for change on Young Carers Action Day in March. You could win a £45 wellbeing gift box. Open to carers aged up to 25.

[https://forms.office.com/  
pages/responsepage.aspx?  
id=ZXcsgy-H-  
ky00Hb30KKsPdRI4sQU2I9Lqt  
aU849CY7tUN0tBU1NTTVEzUz  
dIQ04yNFdHTONMTzVCVYQIQ  
CN0PWcu](https://forms.office.com/pages/responsepage.aspx?id=ZXcsgy-H-ky00Hb30KKsPdRI4sQU2I9Lqt_aU849CY7tUN0tBU1NTTVEzUzdIQ04yNFdHTONMTzVCVYQIQ_CN0PWcu)

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

## Recipe Corner

### Gingerbread person biscuits!

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

#### INGREDIENTS

- 225g plain flour, plus extra for dusting
- ½ tsp salt
- 2 tsp bicarbonate of soda
- 1 heaped tsp ground ginger
- ½ tsp cinnamon
- 50g unsalted butter
- 100g soft brown sugar
- 100g golden syrup

#### METHOD

##### STEP 1

Heat oven to 190C/170C fan/gas 5 and line a baking tray with baking parchment. Sieve the

flour, salt, bicarb, ginger and cinnamon into a large bowl.

Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.

##### STEP 2

On a surface lightly dusted with flour, roll out the dough to a ¼-inch thickness. Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat.

Place your gingerbread shapes on the lined trays, allowing space for them to spread. Cook for 10-15 mins, then remove from the oven and leave to cool.

*Eat and enjoy!!*



## 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/](http://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/) And our support is for a two year period, but this can be reviewed if the young person's situation changes.

Just get in touch.



## Seasonal cheer

Thanks to our amazing donors, we're able to send gifts to some of our most in-need carer families this winter, which our fab volunteers will be delivering.

Several Surrey organisations have helped us gather these treats. So a big THANK YOU to Truly Giving, Angel Tree, the Family Building Society, Berkeley Homes, Tesco's Morrisons, and Evelyn Partners.



## Bringing caring to the streets of Cranleigh!

Cranleigh held a competition for designs for new street bollards, asking people who live there what's important to them. One of our young carers, Arabella, entered a design focused on young carers – both thanking them for all they do and depicting how they support each other.

Her fantastic design was one of the winners, and it's now been painted and in place outside the Arts Centre! **BIG congrats to Arabella!!**



**CONTACT US** Call 01483 568269 or email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk)

Surrey Young Carers is part of charity Action for Carers Surrey.

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