

OUR LIFE

Junior SPRING 2023



Hello and Happy Easter from Michelle

Spring is in the air in and Easter just round the corner! I hope you all have a wonderful break and chance to relax and possibly eat a chocolate egg... or two!

We have enjoyed a really busy time at Surrey Young Carers, with lots of amazing events and a big focus on Young Carers Action Day 2023.

We have some really exciting updates to share, with useful information for those who are moving from primary to secondary school.

We hope you enjoy this edition and don't forget,

if you want to write a story for us, we can publish it in our next newsletter.

Just drop me an email at michelle.harper@actionforcarers.org.uk



Michelle Harper, Manager SYC, Action for Carers Surrey

Starting secondary school



Starting Secondary School

Transition to secondary school is a significant change for all children and many of you will be feeling nervous, with a bit of excitement mixed in.

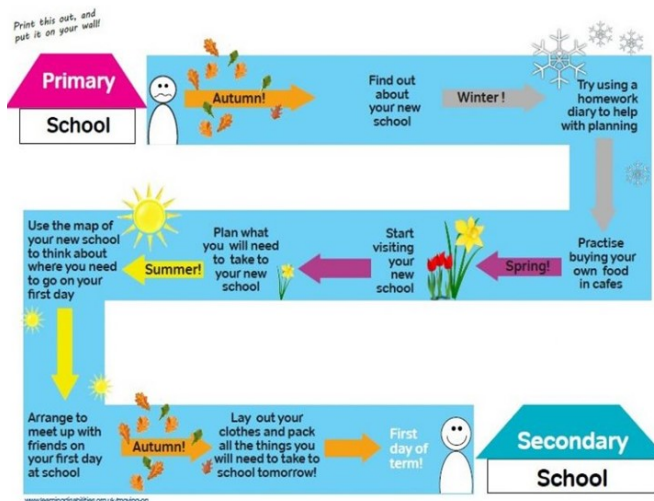
Feeling alone can increase your worry. Sharing your worries and concerns can help to make you feel reassured in this big step.

Talk to your teachers, and talk to us. There's lots of steps that can be put in place to make the move more smooth. Your new school should know that you are a young carer – if they don't, tell them! They can help put things in place and give you special help to ensure you're supported as a young carer.

Planning your journey

Even if you don't know what the school looks like or none of your friends are going, you will be invited to taster or induction days to help ease you in for the September start.

You will get to meet your new classmates and get a taster of the new lessons you will be studying in the next school year. There might also be team-building activities such as a quiz, some academic activity such



as writing or maths, and some physical activity like a PE lesson.

You'll also get a tour of the school to find out where all your lessons will take place, and where such things as toilets, changing rooms, the cafeteria and teachers' offices are. You will meet your new form teacher, head teacher, head of year and possibly some subject teachers.

Hopefully, these days will help you feel more confident in where you need to be, who will be teaching you and all the new friends you will make along the way.

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.



Have you been to a Drop-In? These are simply sessions where you can (surprise!) just drop in and have some fun.

There's usually things like pool, or fooseball, arts & crafts, and other activities to try. You also meet other young carers, chat with our friendly team, and simply have a good time away from home for a bit.

In January, some of the young carers attending the Drop-in in Horley got a BIG surprise. We had kindly been donated skateboards and protective gear by an organisation called O3e. We handed these out to the young carers attending that day – much to their delight! BIG THANKS to the kind people at o3e for such fantastic gifts!



Is there an **adult** who's also **caring** in your family?

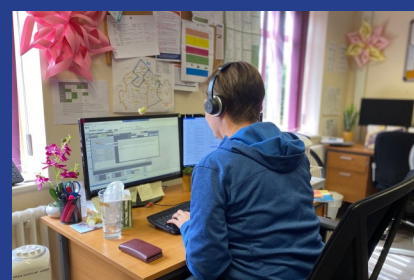
Many of you will have an adult in your home (mum, dad, other grown up, adult brother or sister, nan, etc) who is also a carer.

We'd like them to know that we can help them too! Our Adult Service offers advice, information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, resources and much more.

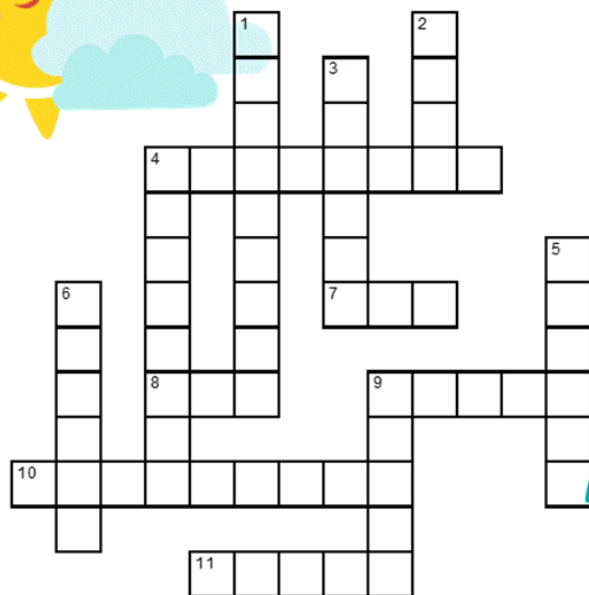
If they'd like to get access to this support, they simply need to register— free, quick and easy!
www.actionforcarers.org.uk/register-with-us/

Our Adult Service is open to all 18+ carers in Surrey.

They can also call the Helpline for support: **0303 040 1234**, text **07723 486730** or CarerSupport@actionforcarers.org.uk to email.



Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache

Young Carers Action day!



Happy Young Carers Action Day!
We hope you noticed a bit of a buzz in the news around the day – March 15th. Maybe your school took part, or you went to one of our activities? It was great to see people celebrating, supporting and highlighting the needs of young carers.

We had events running for different groups of young carers, and these included multiple school drop-ins and events celebrating YCAD; a comic-drawing workshop, indoor climbing fun, and escape-the-room session, tomahawk-throwing and more!

Action for Carers also has staff working in Surrey hospitals, so we had stands on the day at these, trying to inform staff and reach out to carers, young and old!

Media wise, you may have heard Michelle, SYC Manager on BBC Radio Surrey, and Surrey Hill Radio also broadcast a show, recorded by our young carers – see box right.

And Presenter Sarah and crew



from BBC *Morning Live* joined us at our Walton Firs event. She interviewed some of our young carers, and also – gamely – joined in some of the activities the young carers were enjoying! Thanks to the young carers who were there, especially those interviewed.



Making time for young carers

Our SYC team also reached out to Surrey's professionals – that's teachers, social workers and healthcare – giving a fantastic presentation as part of the 'Making Time for Young Carers' seminar held on the day after YCAD.

They talked about our support for young carers, the needs and challenges, and our Angel Award. The session ended with the call 'Let's make every day a young carers action day.'

Work experience: Surrey Police

Are you in Year 10 or above and possibly interested in a career with the police?

Then Surrey Police's work experience week, 10-14 of July, may be for you! They welcome groups of young people into the force and give them an insight into the many and varied jobs in policing.

Interested? Please email workexperience@surrey.police.uk for more info.

Young Carers Surrey Hills Radio takeover

Take a listen to a group of young carers and the SYC team at Surrey Hills Radio Station, talking about Young Carers Action Day and the support they get. Thanks so much to everyone who took part in this powerful piece of media.

<https://www.mixcloud.com/surreyhillradio/>



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.

Just get in touch.

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

Recipe Corner

Easter Rocky Road recipe!

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

INGREDIENTS

- 175g/6oz dark chocolate, broken into pieces
- 125g/4½oz milk chocolate, broken into pieces
- 2 tbsp golden syrup
- 75g/2¾oz unsalted butter, diced
- 160g/5¾oz sugar-coated mini chocolate eggs
- 200g/7oz digestives or rich tea biscuits, broken into pieces
- 75g/2¾oz mini marshmallows

METHOD

Line a 20x30cm/8x12in baking tin with baking paper. Place the dark and milk chocolate pieces in a large heatproof bowl and add the golden syrup and butter.

Set the bowl over a pan of barely simmering water but do not allow the bottom of the bowl to touch the water. Stir from time to time until the butter



and chocolate are melted and the mixture is smooth. Remove from the heat and leave to cool for 5 minutes – if this is too hot the marshmallows will melt.

Cut the chocolate mini eggs in half (leaving a few whole) and set aside one third of the eggs, including the whole ones for decorating.

Gently fold in the chocolate eggs, biscuits, marshmallows, and raisins into the chocolate mixture and mix to combine.

Spoon into the prepared tin and spread level using the back of the spoon. Scatter with the reserved whole and halved mini eggs.

Refrigerate for at least 1 hour, or until completely firm. Cut into bars to serve.

Enjoy!

EU 'booklet' online for young carers

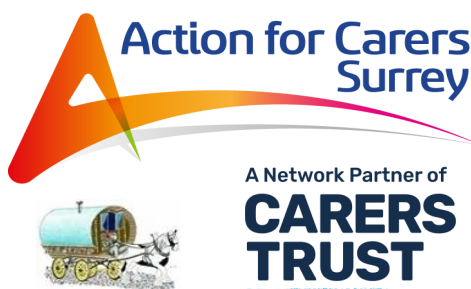
Have you seen the EU online 'booklet' for young carers?

There's sections on all sorts of topics including:

- Caring and education
- The ups and downs
- Growing up as a carer
- How to communicate
- Dealing with bullies
- Looking after yourself



There's also LOADS of quotes from other young people talking about their experiences. It's a really positive and helpful guide. **Take a look!** <https://me-we.eu/booklet/looking-after-yourself/>



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

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