

Home School Link Worker Weekly Bulletin

Surrey Young Carers

What is a young carer?

A 'young carer' is a young person who provides care to a member of the family or a friend who has one, or a combination, of the following conditions:

- a physical or learning disability.
- a sensory impairment
- a chronic condition
- a terminal illness
- a mental health problem or illness
- a drug or alcohol addiction



Is your child a young carer?

'Care' may include:

- Domestic tasks (e.g. regular/daily, cooking, cleaning, shopping)
- Personal care (e.g. helping with mobility, washing, dressing, giving medicine)
- Emotional support and supervision (e.g. watching over someone, providing company and a 'listening ear')
- Sibling care: Looking after an ill or disabled sibling (or a non-disabled sibling where an ill or disabled parent is unable to provide this care)
- Financial management: (e.g. helping with budgeting, paying bills)
- Self-care: Looking after themselves, where an ill or disabled parent is unable to provide this care
- Communication support (e.g. interpreting, answering phone or door)

How can Surrey Young Carers help?

- Giving your child information, advice and guidance - in person, online, and in print
- Giving your child someone to talk to
- Talking to others on behalf of your child, to support your child as a carer
- Providing activities for 'downtime', fun, and a chance for your child to talk to others and make new friends
- Supporting your child with problems at school or college, or in making plans for the future

How to get in touch

Telephone: 01483 568269

Email: syc@actionforcarers.org.uk

Website: <https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/>

How the school can help

We can help you complete a Young Carer assessment form for the referral to Surrey Young Carers. We also run a weekly club for our Young Carers called 'Cool Carers'. This club runs every Thursday lunchtime in the old SureStart hut.

For further information on our school website, please [click here](#).

YoungSibs – support for siblings of children with disabilities

Sibs is the only UK charity representing the needs of siblings of disabled people. Sibs aims to enhance the lives of siblings by providing them with information and support, and by influencing service provision throughout the UK.

On their website, you will find information, advice and interactive tools for children to access to help them manage and cope with any difficulties they may be facing.

<https://www.sibs.org.uk/youngsibs/>



Fun activity of the week: Rainbow walk

Fill a tray with paints and lay out a long strip of paper (an old wallpaper roll works well). Take turns to complete the 'rainbow walk'!



Recipe of the week: Sausage & mash pie

Ingredients:

- 1 tbsp sunflower oil
- 8 pork sausages
- 25g butter
- 2 onions, finely sliced
- pinch of golden caster sugar
- 2 tbsp plain flour
- 1 tbsp tomato purée
- 1 tbsp red wine vinegar
- 500ml beef stock
- peas, to serve (optional)

For the mash

- 1.25kg potatoes, cut into large chunks
- 150ml whole milk
- 25g butter
- 25g mature cheddar, grated (optional)



Method:

1. Heat the oil in a frying pan and gently cook the sausages over a medium-high heat for 10-12 mins, turning them until browned on all sides.
2. Transfer to a plate, then put the butter in the pan and heat until sizzling. Tip in the onions, stirring them into the butter, then sprinkle over the sugar and fry for 8-10 mins until the onions are golden. Scatter over the flour and stir to make a paste, then add the tomato purée.
3. Cook for a minute, then add the vinegar, pour in the stock and bring to the boil then turn down to a simmer.
4. Tip in any juices from the sausages, then cut the sausages into thick slices and add to the pan. Simmer everything together for 5 mins until you have a glossy onion gravy. Tip the mixture into a baking dish.
5. To make the mash, tip the potatoes into a pan of cold salted water and bring to the boil, then turn down and simmer for 10-12 mins or until just cooked (the tip of a knife should slide in easily). Drain and leave for a minute. Pour the milk into the pan and bring to a simmer, then tip in the drained potatoes and butter, and mash thoroughly. Season to taste.
6. Top the sausages and gravy with the mash, starting from the edge of the dish and working your way into the middle. Use a fork to scrape lines in the topping and scatter over the cheese, if using. Can be assembled, covered and chilled for up to two days or frozen for three months. Defrost completely before cooking. Heat the oven to 200C/180C fan/gas 6. Bake the pie on a tray for 35-40 mins until the top has browned. Leave to cool for 5 mins before scooping straight from the baking dish at the table and serving with peas, if you like.

If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) hslw2@stmarys-byfleet.surrey.sch.uk (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

