

OUR LIFE

WINTER 2024/25

Hello from Michelle



Dear young carers,

Welcome to our winter newsletter, everyone! As we dive into this chilly season, we're excited to share all the fun and festive activities that have been going on.

There have been some lovely treats donated from our generous supporters at Berkeley Homes and Enterprise (Egham & Aldershot).

We had a fab team of volunteers driving around the county delivering the gifts donated.



Winter is a time for cozy moments, hot chocolate, and making memories with friends. We hope you're all ready to embrace the magic of winter and enjoy everything that comes with it. Don't forget to check out the special events and tips we've included to make the most of this time of year!

All the best, *Michelle*

Michelle Harper, Manager SYC, Action for Carers Surrey

Updates from Carers Trust...

Firstly, they help organise March's Young Carers Action Day (YCAD) each year, including involving lots of young carers in the planning.

They are holding a series of consultation sessions, including one around YCAD communications, content and social media. They want to ask you as young carers, **what** should be promoted, and **how**, whether that's self-filmed Instagram content, or taking part in a social media takeover.

Can you take part in their creative planning session? **The session is online Wednesday 15th January, 6-7.30pm.** (And you'll get a Love2Shop voucher for attending). Sign up here <https://forms.office.com/e/GWdbCCU71V>

They also invite carers aged 13-25 to a workshop discussion how best to welcome, onboard and support young carers looking to get involved with activities at Carers Trust. You may be someone who has already taken part in an activity or opportunity with Carers Trust, or you might have signed up to one of the networks. However much you've been involved so far (including not at all!) they'd love to hear more about your experiences and learn more about what Carers Trust can do to make you feel welcomed and supported.

This workshop is on Wednesday 5th February, 6pm-7.30pm.

To sign up, please email involvement@carers.org.

amh TOP TIPS for looking after your **MENTAL HEALTH** at *Christmas*

- Keep Active!** Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.
- Stay in Touch!** Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.
- Watch what you eat!** Nutrition can significantly impact mental health. A healthy balanced diet is good for you physically and mentally. A Healthy Body means a Healthy Mind.
- Take a Break!** Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.
- Ask for Help!** Talk to friends or family or contact: Samaritans 116 123, Lifeline 0800 808 0000, Childline 0800 1111.

Danske Bank

Our Impact



Take a look on our website to see our new Impact Report – all about our support for carers.

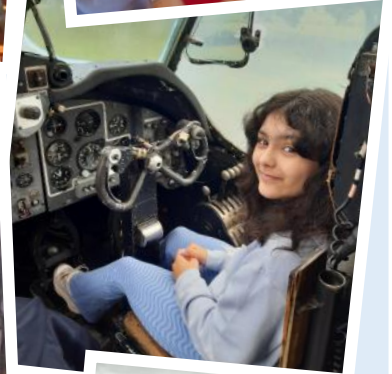
Visit our news pages <https://www.actionforcarers.org.uk/afc-news/> and have a read!

CARERS TRUST

What's been going on?

Just a few images from recent events, clockwise from left.

Bowling in Woking; soap factory workshop; Gatwick Aviation Museum; Hampton Court Halloween; Pumpkin Parade Garson Farm; and fun at ACS Egham International School.



Mindwork's Amplify team

Amplify is a panel of people that supports Mindworks to ensure the voices of young people are genuinely included in key decision making, attending meetings and working with senior leads from Mindworks.

Amplify also choose focus areas each year to work to improve the experience of children and young people. This year they're interested in neurodevelopmental services, supporting LGBTQ+ young people, and transitions to adult health services. If you are 16 or 17 you are invited to join Amplify.

Meetings take place Wednesday evenings.

Find out more here <https://www.mindworks-surrey.org/about-us/amplify-mindworks>

Being in this group has given me a sense of pride as I know that my input can help improve the mental health services which could help many young people and even save some lives.

News and Updates

Surrey County Cricket Club Tickets for Young Carers

As part of their continued commitment to supporting carers, Surrey Cricket Club are again offering free tickets for young carers to go and watch a special cricket match at the Oval Cricket Ground.

The Young Carers Day will be a match between Surrey v Hampshire on Friday 4th and Saturday 5th of April.

You can apply as individual young carer, or with some of your family. Please contact Theresa (Tpeters@surreyccricket.com) for more.



Fancy a free day out? National Trust Pass carers aged 16+

The National Trust (NT) have for many years kindly provided a limited number of free passes to our carers to attend selected NT properties (mostly Surrey but also some in neighbouring counties).

We have some passes remaining, which we can offer to you if you are 16 or older, and your ticket allows you to take yourself and one other person (could be the person you care for, another relative or a friend, whoever you like!) It lasts until June 2025.

So if you are interested in beautiful spaces, local history or just having a look around somewhere new, please request a pass. Email CSAdmin@actionforcarers.org.uk or call 0303 040 1234, opt 1.

Elmbridge Young Person's Awards 2024



At the Surrey Police Elmbridge's Young Persons Awards, siblings Evie and George Cooper each received an award in the Young Carers category.

They attend Three Rivers Academy, Hersham and were nominated by the SENCO Ms Aegean Leech, who made a lovely speech about them. SYC's Emma also made a speech, thanking them for being great advocates for SYC and for their support for their sister.

Well done both!

Jokes



Joke corner!

What do you call Santa Claus when he doesn't move?

Santa Pause



What did the cow get for Christmas?

A COWculator!



Why is it always cold at Christmas?

Because it's Decemberrrrrrrr!



What do elves learn in school?

The elf-abet.



What's Santa's favorite candy?

Jolly Ranchers!



What did the Gingerbread Man put on his bed?

A cookie sheet!



What's red and white, red and white, red and white?

Santa Claus rolling down a hill.



What do you call a snowman in the summer?

A puddle!





Christmas Crafts: Snow Globe

Make your own snow globe! ❄️ ❄️ ❄️

Do you have a brilliant crafting project to share? Send it in!

- **Decide what you want to put inside**

You can put anything you like inside your snow globe. Just make sure the figurines are plastic or ceramic, as other materials (like metal) may start to rust or turn funny after being submerged in water. Even though it's called a snow globe you don't need to limit yourself to creating a winter scene. You could create a beach scene using seashells and sand, or something fun like a dinosaur or a ballerina

- **Create the scene on the underside of the jar lid**

Take the lid of your jar and cover the underside with a layer of super glue – get an adult to help you with this, if needed.

Once you have created your scene, set the jar lid aside for a while to dry. The glue needs to be completely set before you can submerge it in water.

- **Fill the jar with water, glycerine and glitter**

Fill your jar almost to the brim with water and add 2 to 3 teaspoons of glycerine (which can be found in the baking section at the supermarket). The glycerine 'thickens' the water, allowing the glitter to fall more slowly. You can achieve a similar effect with baby oil.

Next, add the glitter. How much will depend on the size of the jar and personal preference.

- **Carefully put the lid on**

Take the lid and carefully screw it onto the jar. Close it as tightly as you can, and wipe up any displaced water with some paper towel.

- **Shake and admire!**

A great gift to give this year, or to keep for Christmas decorations.



What are your NY resolutions?

New Year's resolutions are a fun way to think about what we want to achieve in the coming year. When we set resolutions, we're making promises to ourselves to try new things or improve in areas we care about.

As the New Year approaches, take some time to think about what you want to achieve. Remember, it's not just about big changes; even small goals can make a big difference.



Happy New Year, and here's to a year full of exciting resolutions!

My New Year's Resolutions!

This year I want to _____

This year I need to _____

This year I am going to start _____

This year I am going to stop _____

This year I am going to learn _____

Signed: _____



Call on 0303 040 1234, option 3 or email SYC@actionforcarers.org.uk

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