

# OUR LIFE

**SUMMER 2020**

## Update for all our young carers



Hello to you all,  
We are all living in very strange times at the moment and our schooling, friendships and day-to-day life have all been affected by the pandemic.

Along with everyone else, Surrey Young Carers is constantly reviewing the government guidance and thinking how we can adapt the support we offer you. We hope you have benefited from our contact, the on-line information on our website and the packs you might have received.

On behalf of the SYC team, I just want to remind you that we are here for you. Please get in touch—phone or email—if you need talk about your caring role. We're always really happy to hear from you.

As we start nudging back into our new normal, we hope you keep safe, positive and well. Enjoy the sunshine and keep in touch.

*Michelle Harper, Manager, SYC*

## Young carers – how we've felt during the COVID-19 crisis



We know that lockdown is having a real impact on young carers. Many of you are unable to take a break from your caring responsibilities and you are missing out on the support and distraction that school/college/friends provide.

Also, your access to other support services has been reduced. So, how have you all been coping? Below and on the back page take a look at what you've told us.

## No break from my caring role

*The biggest difference in my caring role during lockdown has been that I don't have to leave home which means I don't worry so much.*

*I'm also around the person I care for, so I'm seeing them more but I have more help as my dad isn't at work and so he can help.*

*However as I'm with the person I care for, I don't get a break—I'm with them 24/7.*



*I'm really enjoying spending more time with the person I care for on a more personal level, rather than just caring.*

*I also have been relaxing and not being so stressed. I have more time for my caring. I can work full time as I'm not going into college, so I have more money.*

*I have discovered new hobbies, like keeping fit and cooking. I've also been sleeping more, so I have more energy. Taking a break from social media has been a positive thing.*



## I miss my routine...

*I have struggled with not having an outside escape like seeing friends going out and not having something else to focus on and helping out more.*



*I have found it hard being good all the time and not kicking off or getting angry. Being with my brother 24/7 is difficult and I'm not able to be loud. I have also realised how bad my mum's memory really is.*



*I have felt stressed due to the unpredictability of situations and no routine. I've missed not having the freedom to do things. It's been a more intense, restricted and stressful atmosphere.*

*Some of the best things about caring during Corona is that I am around my family more.*

*I don't stress so much about school and I can relax and feel more chilled.*

*I have also tried new things like online classes and have enjoyed going on walks and nature.*

*I have been able to catch up on my sleep and I have had time to read and try different things.*

*I am worried about what will happen when lockdown is over. Will there be a 2<sup>nd</sup> spike? What will happen when I go back to school/college? If I start going out more - will I bring the virus back to my family?*

*Things we're looking forward to when lockdown is over: seeing friends, physical contact with people, Subway! A haircut, seeing the world again, going back to school/college.*

## Helpful websites and info:

Nurse dotty books: *Dave the Dog* – explaining Coronavirus for younger children  
*Nosycrow* – explaining COVID for older children

Cloudaloud: audiobooks for young people 4+ free to download



(And see link below for our webpage full of helpful COVID-19 information.)

## Sharing your experiences

*Enclosed with this newsletter is a form for you to tell us about your experiences of caring. We really want to hear your story, and about the person you care for.*

*With your consent we would like to share these stories, anonymously if preferred, on our website and other communications. Please complete the form and return in the FREEPOST envelope— NO STAMP NEEDED. Thank you*

<https://www.actionforcarers.org.uk/coronavirus-advice-for-young-people/>

**Please get in touch with us any time — here's how to reach us:**

Tel 01483 568269 / Email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk) / Web [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)  
Twitter @SYC\_YoungCarers / Facebook @ActionforCarersSurrey