

Young Carers Action Day 2025- GIVE ME A BREAK!

Who are Young Carers?

A young carer is someone aged under eighteen who cares for family member or friend, who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older young carers are also known as young adult carers, and typically they will have different support needs to younger carers. For more details take a look at the [Carers Trust](#) website.

**Young Carers
Action Day**

Wednesday 12 March 2025

What is Young Carers Action Day?

Young Carers Action Day is a national event set up by Carers Trust that recognises the tireless roles many children across the UK will assume to help care for family or friends.

This event aims to raise awareness on the pressure many children feel while dealing with caring responsibilities while continuing to go to school and other daily tasks.

The Young Carers Action Day 2025 theme is, 'Give Me A Break', this highlights the important need for young carers to have time to rest and recharge while also calling on schools and employers to provide better support, helping them balance their responsibilities and achieve their full potential.

What is Surrey doing?

Breaks for young carers

In Surrey there is support available to young carers such as wellbeing breaks, and end of life carer breaks through [Crossroads Care Surrey](#). These give much needed time away from their caring responsibilities while knowing their loved one is safe and well. Additionally, young carers can access a GP Carers Personal Health Budget, a payment of up to £300. This can be accessed through their GP and can be used to improve the young carers wellbeing. Young carers are able to be referred for this on a yearly basis if their GP decided this would benefit the young carer.

Young Carers Professional Seminar

Wednesday 12th March, 12.30-2pm, online

Young carers are under-recognised in Surrey, often failing to get the support and additional help they need to thrive, meaning they fall behind, at school, socially, and in their longer-term attainment overall. At this seminar you will find out more about this vulnerable group, their needs, the help available, and Surrey's aims for young carers. You will learn how best to identify and support them, to ensure the best possible outcomes.

To attend the seminar, sign up here: <https://www.actionforcarers.org.uk/news/young-carers-action-day-2025-professionals-seminar/>.

FutureNHS

As part of our priority to share information between the system we would encourage people to join the FutureNHS page for more information on all carers and how best to support them.

We welcome any feedback on what you would like to see on this page and implore you to use the QR code where these comments can be collected and reviewed.



[Surrey Joint Carers Integrated Network - FutureNHS Collaboration Platform](#)

Surrey Young Carers

[Surrey Young Carers](#) is a local charity that can provide support and opportunities to meet and have fun with other children and young people in similar positions. Understanding how these extra responsibilities can affect their daily life, schoolwork, and time for friends.

Surrey Young Carers support young carers across Surrey and from every type of family. They may support someone who might be looking after a sibling with autism, or a parent with a disability.

They provide a range of support depending on the situation, from activities to provide time out from caring roles and experience meeting children in a similar position, to more intensive groups and tailored one-to-one help, for young carers in a more demanding situation.

Luminus

[Luminus](#) is known for their work spreading the voice of carers through the system for a better understanding of the needs and issues carers are facing. This enables us to priorities work that will directly help enable service users' better accessibility to much needed services.

The Carers Trust have launched a survey for Young and Young Adult Carers on the challenges of taking a break its findings will be used to make the case for young carers with politicians and the media. The results will be published on Young Carers Action Day. Luminus are strongly encouraging all young carers to take part.

Staff Carers Network

Within the Surrey Heartlands system, we have two staff carers networks, one sits within Surrey Heartlands ICB and the other sits within Surrey County Council.

Surrey County Council Staff Carers Network holds monthly meetings and have a focus at each one. These meetings are well attended and, in the past, have held sessions on wills, benefits and even mindfulness. If you are an unpaid carer, employed by Surrey County Council and are interested in joining please contact Ron.critcher@surreycc.gov.uk



Surrey Heartlands ICB's Staff Carers Network holds monthly meetings. These are currently running as a confidential safe space to talk about caring responsibilities with people who are in similar situations and ask for advice and signposting from the ICB Carers Team.

If you are an unpaid carer, employed by Surrey Heartlands ICB or are part of the GP practice teams and interested in joining the network please contact Kim.jacobs@nhs.net

Professionals Training

Our Shoes – Young Carers training has been co-developed with young carers themselves to bring understanding to professionals about what it means to be a young carer. This training brings to life what it is like to be a carer as a young person, what they must do, what mental and physical burdens and responsibilities they carry, and what effect it has on them. By completing this training, professionals will be better equipped to identify young carers, be more supportive and improve outcomes for them. To book onto a course or to learn more please email:

ourshoes@surreycc.gov.uk



The British Red Cross and Surrey Prepared are hosting free first aid training sessions which are not a formal first aid qualification but are designed to help with confidence or the ability to react immediately to an incident, injury, or illness. The sessions are suitable for beginners or those with existing knowledge and will take place at Woking, Horley, Dorking and Haslemere libraries.

These are open to all and may reduce anxiety surrounding emergency situations that many carers find themselves in. For more information please visit: [Free Community First Aid Training 2024](#)

Moving and Handling Training

[Action for Carers](#) provide a [moving and handling support service](#) that operates throughout the year. The service is available to unpaid carers, offering training and advice on correct handling techniques aimed at preventing injury to carers. This includes advice on transportation, daily tasks such as dressing or washing and using a hoist. These are all tasks that can be harmful if not carried out correctly. Action for Carers' mission is to support and educate carers to minimise preventable injuries such as back pain or reduced mobility.

Additionally, Surrey Independent Living Charity (SILC) has a limited number of fully funded face-to-face Moving and Handling training sessions available to book for Direct Payment or Personal Health Budget recipients to train their Personal Assistants (PAs). Practitioners and social care teams can also make referrals on their clients' behalf. It is an opportunity for people to have a trainer visit their home and train their PAs on the correct procedures for safe moving and handling, bespoke to the individual and using the equipment in their home.

All enquiries must be made before the end of March 2025 to receive this fully funded training and is available to book with SILC by emailing: training@surreyilc.org.uk

Staff Carers Survey

The carers team are conducting a system wide staff carers survey to better understand the views of carers within the workplace and how organisations can better support staff in both their caring roles and at work.

By completing this survey, you will be helping to shape our plans to improve the support available across the system for carers in our workforces. The survey is open for 4 weeks and will close on 28th of March.

[Please click here to complete the survey](#)

Young Carer Covenant

In 2023, the Carers Trust consulted with over five hundred young carers to develop a [Young Carers Covenant](#) which set out ten key outcomes that will improve young carer's life chances. The covenant envisions a future where all young carers and young adult carers:

- Are identified at the earliest opportunity.
- Can access and succeed in employment/training opportunities.
- Are safe and secure.
- Feel they have choice in their lives.
- Can access and benefit from the rights they have.
- Able to thrive in education.
- Have time for themselves.
- Can access support for them and their families.
- Have good physical and mental health.
- Live free from poverty.

Action for Carers Surrey, Luminus (home of Healthwatch Surrey), Surrey Council Council's Children, Families and Lifelong Learning Directorate and NH Surrey Heartlands have all signed the Young Carers Covenant pledging to take action to create a fair future for young carers.

Only Order What You Need Campaign

We need your help. NHS Surrey Heartlands ICB has launched a new medicine waste campaign Only order what you need, please help us make a difference and share this message. It is estimated that 1.2 million repeat prescription items are wasted in Surrey Heartlands each year. When medicines are wasted, they cannot be reused or recycled, and this adds to pollution and harms wildlife. It also means that valuable NHS resources are being wasted. Only order what you need hopes to encourage people on repeat prescriptions to check what medicines they have at home before they order. Please like and share our social media posts on [@SurreyHeartland](#)

For more information and useful resources visit the Surrey Heartlands website: surreyheartlands.org/medicines-waste



Families and Carers Weekly Coffee Morning

Every Thursday at [Princess Alice Hospice](#), a group is held to have a catch up over a coffee encouraging carers to talk to others in similar positions. It is 10.30-11.30am in the Coffee Shop. The session is open to anyone who is looking after a loved one who has a long-term condition or is approaching the end of life. It is an informal chance to meet others and have a chat about what it is like to care for someone.

Alternatively, they hold a Family and Carers support group, every Tuesday at 1-2pm online. For more information, please email wellbeing@pah.org



Warm Hubs

[Warm hubs](#) were introduced for everyone to have a safe and warm place to relax. Now over Surrey there are over eighty-four locations from Lingfield, Farnham to ST Johns, anyone is welcome to warm up and have a warm drink. In many locations the individual can receive advice on energy debt support and sometimes free meals & activities. Warm hubs run between November until March.

Dementia and Young Onset Dementia

Surrey County Council has worked with carers of people with dementia to design new training, which will be available at day centres and other community venues in Surrey. From understanding the importance of hydration to learning about coping strategies and dealing with concerning behaviours, the training covers essential topics to help carers deal with the changes that dementia can bring.

The training is being offered as part of the joint dementia strategy, a five-point plan to improve the lives of Surrey residents with dementia and their families. The council is also committed to supporting all Surrey carers through the Surrey Carers Strategy which aims to support carers to live well. For more information, please contact

communitiesandpreventionprojects@surreycc.gov.uk

Other services include [Dementia Friends](#) who operate in East Surrey and a helpline for further support and signposting. Dementia Friends also hold events throughout the community including sponsored walks.

The Brigitte Trust

[The Briggite Trust](#) are a bereavement support charity that offers several support groups and other services. This includes their 'Coffin Club' which is a free 6–8-week course, meeting once a week for a Q&A and discussion with an invited speaker such as a funeral director or solicitor. This is free for anyone in Surrey to join.

Other groups include their death cafés which are also free and open to anyone, to speak freely and without judgement about death and bereavement. There is no set agenda for a death café meeting - just facilitated discussion following the interests of those attending.

The Brigitte Trust also offer facilitating Hospital, Care Home & Hospice visiting to include every resident across Surrey. Their mission is to give access to support to anyone with a terminal illness diagnosis and their families.

To book please contact admin@briggitetrust.com

Programme News

Carers GP Support Officers

The team are pleased to introduce two new members of the Carers Team. Diane Cotton and Nickie Walsh have joined us as Carers GP Support Officers and will be assisting GP practices to embed Carer Friendly practice across Surrey. Their role includes supporting the Carer Leads and staff within the practices to improve their knowledge of unpaid carers, improving identification of carers of all ages, offering carer awareness training to staff and educating practices on how to best utilise the GP Carers Personal Health Budgets.

Diane will be working with practices in Northwest Surrey, Guildford and Waverley and Surrey Heath. Nickie will be working with practices in East Surrey, Surrey Downs and Farnham.

Carers UK State of Caring Conference 2025

Carers Programme Manager, Kim Jacobs, was invited along to the State of Caring conference 2025 to present on Equalities in the Workplace, supporting carers to juggle work and care.

Kim presented alongside Mary Davies from the Wigan Council and Mary Bright from Phoenix Group.

Each presentation was described as inspiring, practical and helpful which sparked a lot of interest from participants within the room.

The Surrey Heartlands system will continue to grow and improve in the way we support carers in our workforces as we head into the planning of applying for Carer Confident, Ambassador status with Employers for Carers.

Contact Us

If you did not receive this newsletter directly and would like to in the future, please contact scarlett.saunders@nhs.net

 carersUK

State of Caring conference 2025

Tackling carers' inequality: opportunity, outcomes and economic growth



Thursday 27 February 2025

#StateOfCaring