



How to contact us

Young carers and their families can contact Surrey Young Carers for advice, information and support.

Call 01483 568269

Email syc@actionforcarers.org.uk

www.surrey-youngcarers.org.uk

www.actionforcarers.org.uk



Our services include:

- Giving Carers a Voice
- Learning and Work
- GP Carer Awareness
- Moving and Handling
- Surrey Young Carers

Contact us for information on any of our services or for details of other local organisations who may be able to help.

Tel: 01483 302748

info@actionforcarers.org.uk

www.actionforcarers.org.uk
www.surrey-youngcarers.org.uk

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**Supporting young carers
under 18 years**





Who are young carers?

Carers can be any age and include children and young people under 18 living in a family where there is long-term illness, disability or drug or alcohol misuse.

In Surrey there are currently an estimated 14,000 children and young people who care.

Caring can affect the emotional, educational and social development of the child or young person. Surrey Young Carers works to reduce the impact of caring by providing support and opportunities.

How we can help

Surrey Young Carers works with young carers and their families and creates opportunities for young carers to socialise with other children and young people who are in the same position.

We run issue-based groups and workshops, including fun activities and residential breaks across Surrey to give young carers time out from caring and help them reach their potential. We also give young carers a chance to have their say about the things that affect them.

Did you know

Many young people don't recognise themselves as being a young carer and are unaware that help is available from:

School or college. Young Carer Link Workers provide support to young carers and their families.

Social Services. Young carers can ask for a Young Carer's Assessment which may entitle them to extra help.

Doctors. Young Carers should register as a carer with their GP surgeries to make sure they are supported in their caring roles.

