

# Helping Surrey's carers get into sport

**C**arers provide unpaid support for family and friends who are sick or disabled. They are about 10% of the Surrey population and this means there are a similar proportion of carers amongst the players and supporters of most clubs, in most sports. Caring responsibilities can restrict people's ability to participate in, or even to watch sport in their local community; particularly when carers and their families do not have appropriate support.

Carers under the age of 18 are known as "young carers" and there are typically as many as 3 to 5 in any class room; far more than people realise. This means there will be young carers in most youth teams and also many who would love to participate, if only their families had the right support.

Surrey County Council, Carers UK and Action for Carers Surrey have teamed up to give carers who live or work in Surrey a digital resource, hoping to make their caring situation a little easier.

The resource includes:

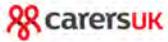


- **E- Learning** – Designed to be relevant to an individual's situation; with advice and information promoting our residents' health and wellbeing with technology support.
- **Free publications** – Essential reading for our residents and carers, including helpful Carers UK booklets.
- **Jointly** – Access to the care co-ordination app designed to make managing caring easier. This is a central place to make appointments, allocate tasks, save files, notes and medication.
- Lots more **information and links** to local resources for people who are looking after a loved one.
- You can access these digital tools for free via the **Carers UK Digital Resources website** (the Free Access Code for Surrey residents is: **DGTL3562**).
- Additionally in Surrey, carers can get direct support from charity **Action for Carers**. Action for Carers provides free information, support, events, advice and more to carers right across Surrey. Find out more at <https://www.actionforcarers.org.uk/>

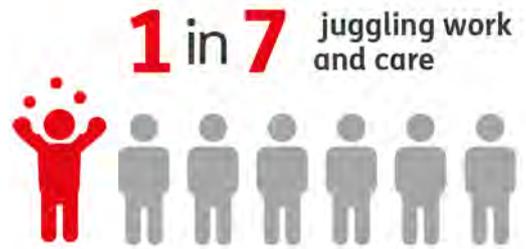




Nearly **half a million people** have **left work to care** in the last two years: more than 600 people a day



Juggling work and unpaid care report, 2019



Juggling work and unpaid care report, 2019

For adult carers please call 0303 040 1234 or email: CarerSupport@actionforcarers.org.uk (or text on 07714 075993). For young carers call 01483 568269 or email: syc@actionforcarers.org.uk

Club Welfare and Safeguarding officers should find useful our e-learning about carers and young carers. It is particularly important for those with responsibilities for youth teams to be aware of issues relating to young carers. Please visit <https://surreycc.elumos.net/public/>

We would be grateful if you could consider sharing this information with your officials and volunteers and distribute the flyers within your club so that those affected by caring can benefit from this information.

Some clubs are already undertaking initiatives to include carers. Including free or concessionary admission and special events such as distinct young carers days.

You may also want to consider adding a link to the Carer's Digital resource on your website or promote this in a newsletter.

If you would like more information about this project, please don't hesitate to get in touch with the SCC Adult Social Care Information and Engagement Team. Email [asc.engagement@surreycc.gov.uk](mailto:asc.engagement@surreycc.gov.uk)

