



A Network Partner of  
**CARERS TRUST**



**SEPTEMBER 2025**

The Voices & Vibrations of our young Carers

## CREATE MUSIC WORKSHOP

Ever popped into the chippy and somehow ended up married? That's exactly what our new song's about! Catch the full story on page 3.

**CREATE**  
20 YEARS OF SPARKING CREATIVITY

## PLOT TWIST WORKSHOP

A few of our Young Carers got into their creative bag and began storyboarding to develop their ideas into comics during the Plot Twist workshop. Check out page 3 to see their work!

## DISNEY & DESSERTS

Disney and Desserts brought back-to-back musical fun, with two singalong features full of catchy songs and heart-warming stories that everyone enjoyed. See page 2 to find out what we watched and rated it!

**Congratulations!**

To one of our Young Carers who was one of the mascots during the Fulham V Man U Match.



to visit our  
website!



@SuttonCarers



@SuttonCarersCentre



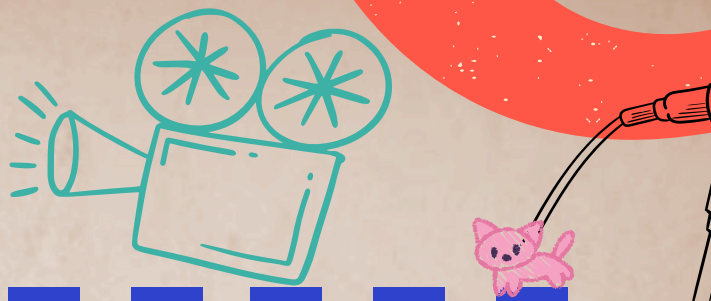
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@suttonyoungcarers



# Activities UPDATE



## YC CALENDAR

**PEER SUPPORT**

1<sup>st</sup> October

Peer Support Plus  
8<sup>th</sup> October

18-25 Drop in - Every Tuesday

**CHILL N' LEARN**  
HOMEWORK CLUB

Mondays  
(runs term-time only)  
Ages: 8-18  
3:30 PM - 5 PM

**DISNEY & DESSERTS**

Monday 27<sup>th</sup> September  
1:30 PM - 3:30 PM  
Ages: 8-14  
Runs during school holidays

TO BOOK OR  
LEARN MORE  
ABOUT ANY  
OF THESE  
ACTIVITIES,  
PLEASE  
CONTACT

...  
YOUNG  
CARERS  
@  
SUTTON  
CARERS.ORG

**FREE2B Wellbeing Sessions**

17<sup>th</sup> September  
15<sup>th</sup> October  
12<sup>th</sup> November  
3:30 PM - 5 PM

**CREATE ARTS**

Animation Workshop  
28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> October  
10:30 AM - 3:30 PM

**YC AMBASSADORS**

24<sup>th</sup> September  
Runs every last Thursday of  
the month  
3:30 PM - 5 PM



## Rate that *FLICK!*



This summer holiday served up the perfect double feature – and a sweet one at that! **Disney & Desserts** let Young Carers switch from caring roles to starring roles, laughing through **Lion King 1 ½** and singing their hearts out to **The Greatest Showman**. A spoonful of songs (and desserts!) really does make the worries fade away.

**Anime Antics** saw our Young Carers dive into the vibrant world of **Summer Wars** this holiday, giving it a glowing **10/10!** From quirky avatars to chaotic family bonds and epic drama, the film's mix of fun and resilience truly resonated.







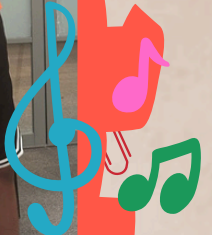
# Summer HIGHLIGHTS

## COMPOSE YOURSELF!

Our **Create Music workshop** was a major hit!



Our Young Carers teamed up to write a super fun song all about... Fish & Chips! From rhythm games to switching instruments, everyone got stuck in and showed amazing creativity. Huge thanks to Create for partnering with us and well done to our Young Carers for making the session so awesome and enjoyable! **Scan the QR code to visit our Instagram to have a listen.**



## DON'T LOSE THE PLOT!



Our **Plot Twist workshop** saw our Young Carers teaming up in pairs to create amazing stories with a twist!

Each pair picked at random whether to start with a beginning, middle, or end, then took turns storyboarding the outcome. Working with just the end or middle was tricky at first, but turns out it helped to see their stories from different angles and explore how plots fit together. The results were stunning - and some of the brilliant storyboards can be seen here!

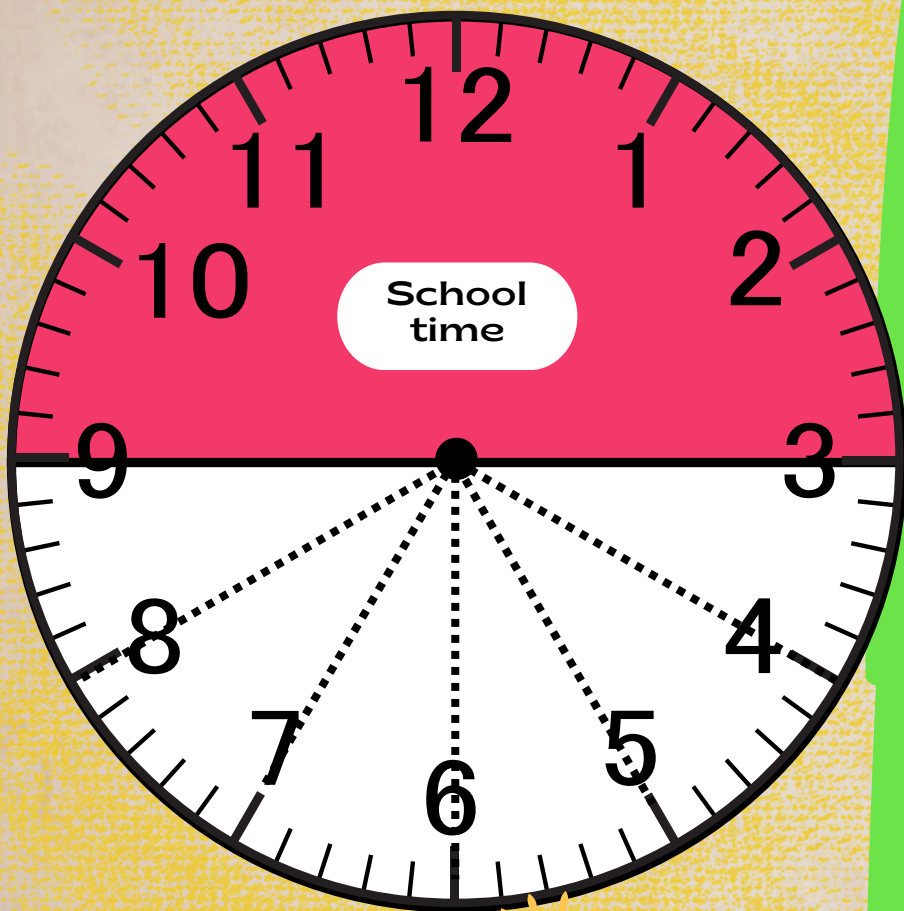






# Wellbeing CORNER

Getting back into your school routine can feel a bit tricky, especially when you're also helping out at home. It can really help to plan out your day, so you know when it's time for school, when it's time to help, and when it's time to rest. Don't forget—making time for yourself is just as important as everything else you do.



What does your daily routine look like?

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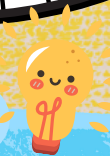
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Down time examples:



Reading | Writing | Rest | Drawing | Seeing friends | Movies | Video Games | Sport | Singing | Hobbies | Homework | Afterschool clubs | Baking



**Mindful Tip:- Remember to pack your bag the night before.**



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