



Spring
April-June 2016

COOL NEWS



NEWS for Young carers in Sutton

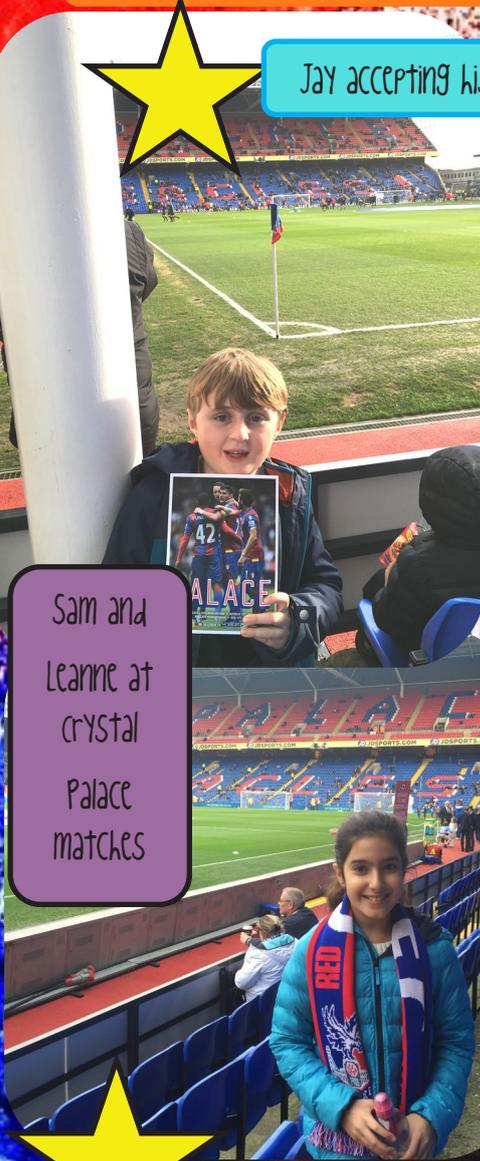
Jay accepting his award at the Sutton Youth Awards



Heather and Laura representing Sutton at the Young carers Awareness Day event



Sam and
Learne at
Crystal
Palace
matches



YC Employment, Education and Training Workshop



carerstrust
action · help · advice



Working together to identify and support young and young adult carers across the UK.

Carers.org

Afternoon at the Panto



STOP PRESS!! NEW DROP IN SESSIONS for YCs at Overton Grange!

Please see inside for more details.....

If you would like to represent Young Carers in your school or community and be a Young Carers Champion please let us know and contact Shukri by emailing shukri@suttoncarerscentre.org or call our office number on the back

YC UPDATES



Shukri's Activity Update

We have lots of winter fun to share! First of all, just before the Christmas break we took one of our Young Carers, Jay Smith, to the Sutton Youth Awards which took place at the Europa Gallery. He was nominated for the Personal Achievement Award and due to his outstanding contribution to his family as a Young Carer; won the award. Congratulations Jay! After our Christmas Break we had a great trip to see a Panto at our local theatre. We watched Pinocchio and learned a few Italian words whilst enjoying the classic story. Our activities in January continued with Young Carers Awareness Day. This is a national day of recognition for the 700,000 Young Carers in the UK who provide care and support to family and friends. We took Laura Allen and Heather Grover to the event in London, which was organised by the Carers Trust, who brought together professionals and Young Carers to discuss Young Carer issues. Our activities continued with a workshop dedicated to Young Adult Carers. The session focused on CV writing, interviewing, seeking employment and also provided support for those transitioning into Further Education. In March, we continued to have a raising awareness theme. We attended assemblies at both Overton Grange and Limes College in order to explain to students what it is like to be a Young Carer, to give examples of the challenges you may face on a day to day basis and promote a greater understanding of Young Carer issues. We have lots more activities and events coming up for you this Spring. So check out our booking form.



Jokes and Riddles

Q. Why could the window not see?

A. Because it was blind. Sofia F.

Q. Why is six scared of seven?

A. Because seven eight nine. Kiera C.

Q. What is the most hardworking part of the eye?

A. The pupil. Keerthana K

The riddle for this issue is:

There are three cats in a lake called une, deux and trois.

What happened next? Elona G



A Hello from Angelique

Hi, my name is Angelique & I'm happy to introduce myself as Sutton Carers Centre's new AYCES worker. In my past work experience I have worked with young people for many years, from different backgrounds and with various support needs. I will use my knowledge & skills to offer the support, information & advice requested by the young people who engage with Sutton Carers Centre. I look forward to meeting you & working with you on exciting, informative and challenging projects!

Just to join in the fun, my joke for you is...

Q. Why did the Skeleton go to the party on his own?

A. Because he had no body to go with

Thank You

To Free Kicks for providing tickets to see Crystal Palace matches. To NONSUCH Rotary for giving us tickets to see Pinocchio at the Secombe theatre. To Cheam Rotary for donating £600. To the Carers Trust for organising a great Young Carers Awareness Day Event. Finally, a big thank you to Overton Grange for acknowledging Young Carers, supporting them in school and for fundraising for us.

NEWS



NEW Overton Grange YC Drop in

What is a 'Young Carer'? How can I get help? Will I ever meet other young people that I can relate to?

If you attend Overton Grange come and join us so we can explore these questions and more!

Peer Support will help you to understand more about what it means to be a Young Carer, give you some tips to find ways to look after yourself and give you a safe space where you can meet other young people that may be going through similar circumstances. It is an opportunity to meet, catch up and have a relaxed time to talk about issues that may be important to you. Drop in sessions are open to all years so come and join us from Wed 14 April at 1.05pm in room X5



universities supporting students with caring responsibilities

Carers Trust has put together a list of universities in the UK with dedicated support for students with caring responsibilities. You can access this information on <http://bit.ly/21w5YLe>

You will find information on the type of support available and contact details for the appropriate member of staff that will be able to assist you further.

Easter urbie

The URBIE Bus is back! This time the theme for the activity is Easter. We will be having lots of fun at Mellows Park and doing some cupcake decorating, Easter egg creative designs with a competition and prizes for the best eggs. We will also have a picnic if weather permits! So come and join us on the 30th March at Mellows Park and don't miss out on some colourful fun.



Babble — an online community for Young Carers

Babble has been created by Carers Trust as an online space where those aged under 18 who are caring for a family member or friend can chat, share their experiences and access information and advice.

The site aims to bring together Young Carers in an online space which is safe, fun and supportive. Visit <https://babble.carers.org/>

And join in the fun!

60 Seconds With Shukri

Name: *Shukri*

Age: 28

Favourite Food: Thai Green Curry

3 things you would take to a desert island: Biscuits, a stack of books and a solar powered radio.

Nike or Adidas? Adidas

Dogs or Cats? Cats (I have a kitten)

KFC or McDonalds? KFC

PlayStation or Xbox? I don't really play games

Favourite Film? Can't choose!

Best thing about Sutton Young Carers: Our Young Carers and the staff.

If you would like to be in the next column, e-mail me the answers to questions above at: shukri@suttoncarerscentre.org

YOUTH FM

Sutton's Fresh Hit Music Station!

www.youth-fm.org

Listen live to great music and join the conversation on topics that will be very familiar to you.

Youth FM is a radio station run by young people for young people.

They broadcast on the radio a couple of times per year and online all year around.

The show is recorded at The Youth Zone in the Phoenix Centre in Wallington.





FOCUS

Off the Record SKYCASTS - online Support for 14-25 year olds in Sutton!



SkyCasts are a series of free and informal online workshops that provide practical help and information about key issues you might be struggling with, such as depression, stress, anger or anxiety. They are created to give you an easy way to ask questions and share ideas about these issues.

The sessions are short and interactive and will usually include:

- ◆ A short introduction, helping you understand the issue in more detail.
- ◆ A practical focus, looking at coping strategies and positive things that might help.
- ◆ A chance to talk about people's experiences, but there will never be any pressure to share, you can just sit and watch if you want to.

When something feels really overwhelming, we can often feel completely alone. We might be desperate for help, but find the idea of having to book appointments, get out the house or go and 'talk' to someone virtually impossible. That's where SkyCasts comes in, because everything's really quick and easy:

- ◆ There's no wait - you can register today and sign up to a session happening this week.
- ◆ You can meet other people who are struggling with similar issues, without any pressure to share your problems.
- ◆ Sessions happen at different times throughout the week, making it easy to find a convenient time to get online and come along. Even if you can't make it to a session, you can still get all the information and resources from the website.

Register now at: <http://skycasts.offtherecordcroydon.org> - Adapted from the *Off the Record* website

Study Buddies

Study Buddies will be offering something different soon and we need you to share your ideas! Please see enclosed evaluation form and let us know what you think would be helpful to you.

Peer Support Groups

A lot of people feel worried and frightened when they hear the words 'mental illness'. This is usually because they do not understand what it means or they have heard stories that are not true. Peer Support will help you to understand more about mental health conditions and will also give you some tips to find ways to look after yourself.

The Peer Support Group for ages 14 + starts on 3rd May 2016.



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www.carers.org/sutton
Online support: www.carers.org/carers-space
www.babble.carers.org www.matter.carers.org



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Registered Company No: 3353573

YC Team

Call us on: (office) 020 8296 5611 or Email us at: youngcarersenquiries@suttoncarerscentre.org or contact us directly by our personal emails above.

