



Summer
July- September 2016



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

COOL NEWS

NEWS for Young carers in Sutton



YCS ENJOYING EASTER WITH THE URBIE BUS AND EASTER EGGS!



YC carers week 2016 celebrations!



YC Movie and Dessert afternoon

Easter URBIe at Mellows Park

create Arts MUSIC
Workshop



'YC Chill n Learn' session

STOP PRESS!! The Government is seeking views on a new, national strategy for carers that will set out how more can be done to support them. They want to hear from both Adult and Young Carers, those who have others care for them, and professionals that support carers. Please make your voice heard as this will affect all of us. Online you will find a questionnaire or you are welcome to just tell us what you think. For more details please visit:
www.gov.uk/government/consultations/carers-strategy-call-for-evidence



YC UPDATES



Shukri's Activity Update

We have lots of eventful spring fun to share! First of all, during the Easter holidays, which now seem like such a long time ago, you really enjoyed our Urbie Bus activities in Mellows Park and the day couldn't have been better. The sun was out and every person who attended received an Easter Egg. For those who prefer chilling on bean bags, we had a Movie and Dessert afternoon where we watched *The Hunger Games: Mockingjay Pt 2*. Chocolate was still present in the form of ice-cream, as were other flavours and of course yummy toppings. The activities during Easter continued with three inspirational *Create Arts* music workshops where those who attended created not one, but two original songs!

The Study Buddies powwow also took place in April and thanks to your lovely ideas, we revamped the sessions. Your efforts were rewarded with pizza and we now offer 'YC Chill n Learn' on a weekly basis. In June, activities were in full swing again and our Carers Week YC Celebration took place on the 10th June. Carers Week is an annual campaign to raise awareness of caring and recognise the contribution you and other carers make to families and communities throughout the UK. Our YC Celebration was an opportunity to show appreciation for all the amazing support you provide. The event was a great success and you particularly enjoyed decorating cupcakes and creating your very own masks.

Lastly, due to the popularity of the Movie and Dessert afternoon for the older age group, we had to do a special Movie and Dessert session for the 8-13 age group. We watched *Minions* and stuffed our bellies with good ice cream. As always, we have lots more activities and events coming up for you this Spring. So check out our booking form.



Jokes and Riddles

- Q. What is big, green and sits in the corner crying?
A. The Incredible Sulk. Riley B.
- Q. Why did the toilet paper roll down the hill?
A. To get to the bottom Keerthika K.
- Q. What is the difference between roast chicken and pea soup?
A. Anyone can roast chicken but no one can pea soup. Keira C.



Thank You A big thank you to Overton Grange for acknowledging Young Carers, supporting them in school and being part of our new drop-in sessions. Thank you to the Salvation Army for allowing us to do our Music Workshops in their main hall. Lastly, thank you to *Create Arts* for delivering inspirational workshops.

NEWS



NEW ACTIVITY.....YC Chill n Learn !

'YC Chill n Learn' is a space where you can receive support with homework and any worries about school. We have two computer stations available for you with internet access. Sessions are open to all ages, provide an opportunity for you have some time away from caring and space to chillax. Staff will also be available to support you with homework.

Most importantlyDouble-chocolate cookies available!



WANT TO GO TO THE WEST END?

This Summer, we will be working with Mousetrap Theatre Projects to give you the opportunity to see a top West End show and the chance to take part in three drama workshops.

This great programme for Young Carers who are 13+ will commence in August.

For more details and to express interest, please see our booking form!



Name: Kyna

Hi all . I'm your new Street Dance instructor.

Age: 20

Favourite Food: BBQ Chicken and Chips

3 things you would take to a desert island:

A stereo to listen to music, food and a bed

Nike or Adidas? Nike

Dogs or Cats? Dogs

KFC or McDonald's? McDonald's

PlayStation or Xbox? PlayStation

Favourite Film? Breakdance 2

Best thing about

Sutton Young Carers:

The kids are great. I

really enjoy the time I spend with them and watching their progress.



OPEN SPACE DROP-IN

Open Space is a new drop-in service for young people aged 14+ in Sutton. It offers young people somewhere safe to talk to someone about anything that's concerning them. There will always be a trained adult available who can listen. There is also a programme of services available including health advice, school pastors, Young Carers support, careers and regular apprenticeship advice. Young people are welcome to just show up; no appointment is necessary.

DAY: Every Tuesday

TIME: 3.30-6.00pm

VENUE: SCILL, 3 Robin Hood Lane, Sutton SM1 2SW

We are pleased to be partners in this new initiative, led by *Off The Record* as part of *Esteem Sutton*.

NEW Drama, Music and Animation Workshops for ages 8-13

We are excited to announce that we will be having a series of creative workshops just for Young Carers aged 8-13. Professional artists from *Create Arts* will be delivering the sessions and spaces will be limited. To secure your place, please return the booking form as soon as possible!





FOCUS



Self-Esteem



Self-esteem is made up of the thoughts, feelings, and opinions we have about ourselves and it can change, depending on the way we think. Over time, habits of negative or other unhelpful thinking about ourselves can lower self-esteem. Sometimes, people don't even realise that they're thinking negatively about themselves. But once you're aware of it, and know that the way you think is up to you, you can begin to change the way you think.

Why not try these suggestions to help boost your self-esteem?

Manage your inner critic. If you're in the habit of thinking self-critically, re-train yourself by rewording these negative, unkind thoughts into more helpful feedback.

Focus on what goes well for you. Each day, write down three good things about yourself, and/or three things that went well that day because of your action or effort.

Accept compliments. It is easy to overlook the good things people say about us. Instead, let yourself absorb a compliment, appreciate it, and take it seriously. Give sincere compliments, too.

View mistakes as learning opportunities. Accept that you will make mistakes. Everyone does. They're part of learning.

Edit thoughts that make you feel low. Do you often compare yourself with others and come up feeling less accomplished or less talented? Notice what you're thinking.

Remind yourself that everyone excels at different things. Focus on what you do well, and cheer on others for their success. This helps you accept yourself and make the best of the situation.

Recognise what you can change and what you can't. If you realise that you're unhappy with something about yourself that you can change (like eating healthier), start today. If it's something you can't change (like your height), work on accepting it.

Exercise! Being active and fit helps you feel good about yourself. You'll relieve stress, and be healthier, too!

Relax and have fun. Spend time with the people you care about, do the things you love, and focus on what's good. That helps you feel good about yourself, just as you are.

Adapted from Teen Health.



Mel Choudhury
Young Carers Service
Manager

melanie@suttoncarerscentre.org



Corinne Iles
Young Carers
Activity &
Information Worker

corinne@suttoncarerscentre.org



Angelique Thompson
Young Mental Health
Carers Senior Support
& Development
Worker

angelique@suttoncarerscentre.org
Mobile: 07818 499 884



Shukri Mohamed
Young Carers
Support Worker

shukri@suttoncarerscentre.org
Mobile: 07985 574 912

Young Carers Service
Sutton Carers Centre
1st Floor Benhill House, 12-14 Benhill Avenue
Sutton | Surrey | SM1 4DA
Tel: 020 8296 5611 | Email:
youngcarersenquiries@suttoncarerscentre.org
www.carers.org/sutton
Online support: www.carers.org/carers-space
www.babble.carers.org www.matter.carers.org



The Young Carers Service is part of Sutton Carers Centre, a charity and company limited by guarantee. Registered Charity No: 1062302. Registered company number: 33533573
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.

