

Autumn



October–December 2017



COOL NEWS

NEWS for Young Carers in Sutton



ASDA BREAD MAKING



PIZZA MAKING



DTA BODY IMAGE WORKSHOP



SUTTON CARERS CENTRE
CARING FOR YOU AS YOU CARE FOR OTHERS
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www.carers.org/sutton
Online support: www.babble.co.uk
www.mattercarers.org.uk



CREATE ARTS FILMMAKING



CREATE ARTS VISUAL ART

RAISING AWARENESS AT THE CO-OP IN CARSHALTON



STOP PRESS!!! CHRISTMAS CARD COMPETITION



The deadline for our Christmas Card Competition is fast approaching! All you have to do is design your own seasonal card on the template enclosed with this newsletter and send it back to us by **Friday 27th October**. We will then make your designs available to buy as packs of cards, gift tags and even as wrapping paper! Not only can your friends and family buy your design but so will all the other Adult Carers that use our service. The top 3 designs that make the most money will win prizes and the money raised will be invested back into the Young Carers Service to make it better for you!

YC UPDATES



Valerie's Activity Update

We have had an exciting and busy few months at Young Carers! We kicked off the Summer holidays with a Fruity Yoghurt Pot workshop, the first of three Healthy Eating and Cooking workshops led by ASDA's Community Life Champion Tracey. We added our favourite fruits to natural yoghurt and also had the option to add a variety of yummy toppings including granola, honey, toffee sauce and chocolate chips. Some of our Young Carers added everything which made for some interesting combinations! The following week, we got to practice our kneading skills as some of you made your own bread in a bag before taking it home to bake. Tracey also brought in a selection of different types of bread for us to try. The most popular was the sweet brioche!

In August we had some very exciting sessions led by *Create Arts*. Some of our Young Carers took part in a 3-day Filmmaking workshop where they had the opportunity to learn all about the filmmaking process, from the planning stages right through to creating their own zombie-themed short film! Everyone had the chance to take on the different roles involved in filmmaking such as directing, editing, acting and operating the camera and the teamwork was fantastic. The following week, the creativity continued to flow with some of you taking part in a Visual Art workshop where you created some amazing posters to represent yourselves, inspired by modern minimal film posters. Check out the pictures of some of our Young Carers' incredible artwork below.

Our final activity in August was a Body Image workshop led by Chris from *Don't Tone Alone*. The workshop provoked some interesting discussions around body image and how our perception of body image is influenced by a whole range of external factors including social media.

We ended the Summer holidays with a Pizza-making workshop with Tracey which was a big hit! Our Young Carers made their own pizzas on bases of their choice including crumpets, muffins and bread rolls. I think the highlight was definitely getting to eat the pizzas for lunch! Tracey will be running another cooking workshop in the October half-term so if this sounds like something you would be interested in, please make sure you sign up for the next one!



Hello!

Hi, I'm Valerie and I have recently joined the Young Carers team as the Young Carers Support Worker. It has been really great getting to know some of you who have registered and attended activities over the summer holidays and I look forward to meeting more of you in the coming months!



Congratulations to Riley who made it all the way to the Grand Finals of *Teenstar*, a nationwide singing and dance competition with her theatre group, *Presto Performing Arts*. This was the first competition *Presto* had ever entered as a school and they made it to the final 30 out of 10,000 acts. The highlights from the Grand Final are also due to be shown on Sky TV. Well done Riley!



Jokes and Riddles

Why did the computer go to the Doctor?
Because it had a virus.

Keerthika K

Why did Adele cross the road?
To say Hello from the other side.

Charlie Devine

NEWS



Visual Art Workshop led by create Arts



My name is Haniya and I am 9 years old. I care for my brother who has ADHD, Autism and Conduct disorder . The most challenging part of being a Young Carer is having to cope with my brother's temper.

I attended the Visual Art workshop and enjoyed it very much. I made a piece of minimal art. The best part of the activity was finishing the last piece of my work and seeing the finished product. I also liked using different materials (like acetate) to make portraits.

Name: *Ricardo*

Age: 8

Who do you care for? My brother

Favourite Food: Lasagne

3 things you would take to a desert island: Roasted chicken, orange juice and a horse to ride

Nike or Adidas? Nike

Dogs or Cats? Dogs

KFC or McDonalds? McDonald's

PlayStation or Xbox? PlayStation 4

Favourite Film? *Spiderman Homecoming*

Best thing about Sutton Young Carers: Seeing my friends



FREE BOOKS!



The Young Carers Service has been offered to take part in the Book Tree Scheme which gives away free books to children.

If you would like the chance to get a free book here's what you need to do:

- Check Waterstones stocks the book you want
 - Write down the name and author of the book and tell us by the 16th October.
- We will then send the details of the books to the scheme and fingers crossed someone will choose your wish from the book tree and purchase your book for you!
- Don't worry, your information is confidential – only we know that the book is for you!



DID SOMEONE SAY CAKE?!



Free Cakes for Kids Sutton is a community project donating home-baked cakes to children whose families are unable to provide one. The cakes are made by a group of enthusiastic home bakers who will do their best to make a delicious cake in a child's preferred theme and style. If any of our Young Carers have a birthday or a special occasion coming up and would like a cake made, please let us know and we will contact *Cakes for Kids* and put in a request. Please give us 2 weeks notice to avoid disappointment. You can check out their website for more information and cake pictures at:

www.freecakesforkidssutton.com.



Tracey's Young Carers Fundraising

Tracey who is the Community Champion at ASDA Sutton, is running the **Royal Parks half marathon** for Sutton Carers Centre !

Tracey, who has now met some of you wanted to support you all. Any money that is donated will be going towards making your Christmas a little brighter, by contributing towards either gifts or our **YC Christmas party**.



Please visit her page <https://www.justgiving.com/fundraising/t-jacques-young-carers> and ask your friends and family to donate what they are able to. Thank you!

Free Tickets for Crystal Palace Games!

Freekicks Foundation have once again kindly donated a season ticket for 1 x Adult (18+) and 1 Young Carer (under 18) to attend all CPFC home games. Please let us know asap if you would like to attend a game and we will put your name down on the list. Names will be drawn at random and the family informed at least one week before the game.

Jack enjoying the Crystal Palace vs Swansea game



To register your interest please email: Valerie@suttoncarerscentre.org, call 02082965611 or text 07985574912.

WELL-BEING CORNER



Back to School - Coping with Change

Just like we have moved from summer to autumn, life has its seasons. It's often said that change is the only constant in life and this isn't all bad. You may be moving home, starting secondary school or even starting Sixth Form. Even if it is positive, dealing with change can sometimes be uncomfortable, stressful or even scary. So here are some tips to make coping with changes in your life a little easier.

Reflect- We're often scared of change because we're afraid of the unknown. Think about the last time you were faced with a big change and got through it okay. Remember how scary it was starting a new school or making new friends. Often our fears are worse than the actual change.

Give it a chance- View change as a chance to learn and grow, rather than as a setback. On most occasions, change creates opportunities to make new friendships, build skills and develop talents you never knew you had. Just think about learning how to ride a bike, you may fall a few times but soon enough you will be a pro!

Take Action- If the change is unwanted, focus on what you can control. Try some problem-solving techniques, seek advice from people that can support you and develop a plan of action. For example, if you're not happy with one of your GCSE options, you could speak (nicely) to the Head of Year. A wise person once said "If plan A doesn't work, the alphabet has 25 more letters".

Take a break - It's perfectly normal to feel overwhelmed if the change you're facing is really big, or if you feel there's too much happening all at once. This is when it is important to continue doing activities that will relax you and make you happy. You may enjoy swimming or watching a movie. You may like doodling or writing. Whatever it is, make some time for it. Your well-being needs to be put first.

Lastly, remember to **seek help** when you need it. Talk to family, friends, teachers or even a member of the Young Carers team. Talking to a trusted person about challenges often allows you to feel supported and gives you an opportunity to find solutions.

SkyCasts - free online group workshops



Off the Record is running **SkyCasts** as part of their **Skyline Support Services**. These are free, 30 minute online group workshops offering practical tips and information about issues you may be facing such as depression, anxiety, relationships, self-harm and bereavement, to name a few. They give you the opportunity to meet other young people facing similar issues and share ideas in a safe, secure and confidential chat room. Participants must be aged 14-25 and from Sutton, Merton or Croydon.

SkyCasts work best on a laptop or desktop but can be accessed on a mobile, too. To find out more about SkyCasts or sign up for upcoming sessions, visit <https://www.skylinesupport.org/what-is-on>



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