



SUTTON
CARERS
CENTRE

CARERS
TRUST

CARING FOR YOU AS YOU CARE FOR OTHERS

JUNE 2021

Sutton Young Carers News

National Carers Week | 7th - 13th June

Young Carers Activities and Events

Making Caring Visible & Valued

This year's Carers Week theme is "Making Caring Visible and Valued". Join us in either our Chill and Learn or 14+ Peer Support sessions where we will be making a virtual scrapbook about being a Young Carer. Using photography, art and creative writing, we will make caring *visible* together.

INSTAGRAM

Sutton Young Carers is coming to Instagram! This online noticeboard will allow us to tell you of activities, events and opportunities that come up specifically for our Young and Young Adult Carers. Our page will go live on the 7th of June. Follow us now to stay connected. [Click here!](https://www.instagram.com/suttonyoungcarers/)
<https://www.instagram.com/suttonyoungcarers/>

You Could be a Carer

Come on down in the afternoon to Sutton High Street on Friday the 11th of June to visit us! Meet the team, say hi, and see how we are helping hidden Carers identify themselves. [For a full list of Carers Week events, click here!](https://twitter.com/SuttonCarers/status/1397127365965266947) <https://twitter.com/SuttonCarers/status/1397127365965266947>

Share Your Story

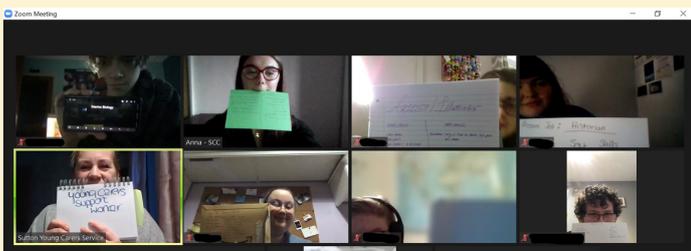
When caring is made visible on weeks like Carers Week, we often get media requests to hear people's stories. If you and your family would be willing to share your story to help make caring visible and valued, then please let us know.

ASD and ADHD Information Evening

On Tuesday the 8th of June, we will be joined by Tina Krelle (Teaching and Learning Assistant) who will lead an information session on Autism Spectrum Disorder and ADHD. Many of our Young Carers care for a family member 'on the ASD spectrum', but don't always have all the information they would like. This is an opportunity for everyone (not just people who care for someone with ASD or ADHD) to learn more. The session will run from 4:30pm for an hour. Please contact anna@suttoncarerscentre.org to learn more or book your slot.



Spring Highlights!



For four weeks our Young Carers developed their podcasting skills with Young Urban Artists Foundation.



Sutton Carers Centre @SuttonCarers · 8 Apr
#YoungCarer Giselle who won the @JPFoundation award for supporting other #Sutton #YoungCarers has spent some of the award money on books for the Centre that are more inclusive & would inspire a love of reading as this is something she enjoys doing 📖. #SuttonCarers #UnpaidCarers



Young Carers Action Day took place on March 17th. In our online groups, we explored what skills YCs gained from being Carers and how these could be carried into their futures.

Also in March, we re-launched the Young Carers Ambassadors Programme. YCs from ages 8-22 have been working together over the weeks to polish their activism skills and bring a range of resources and activities to the service. If you want to be an YC Ambassador, do get in touch!

Activities Update

UPDATES & ACTIVITIES FOR JUNE-AUGUST

Animation Workshops (*change:matters*) 10th-12th August



During the summer holidays, *Create Arts* will once again be hosting three days of activities for Sutton YCs! This time round, the artform will be animation. Participants will work with an animator to create images and stories. This project is also a part of the *change:matters* project with *Create Arts* which aims to combine arts engagement and developing financial literacy skills. Through the art of animation, participants will explore money in the home including saving, budgeting, needs versus wants, and planning for the future.

This programme will run from 10:00am - 3:15pm.
Location TBC. please get in touch to express your interest.

Music Workshops 17th-19th August



Our second week of *Create Arts* workshops will run from the 17th - 19th of August. The art form will be music! No instruments required. Participants can explore rhythms and melodies as well as songwriting. They can write and perform their own music tracks. *Create Art's* musicians can record and layer each part to create a digital track, which they can take away with them.

The course will run from the 10th-12th of August from 10:00am - 3:15pm. We are awaiting further guidance on whether these will take place in person or over Zoom. Please contact us now to book or to find out more.

Don't forget! 14+ PEER SUPPORT
runs every second Wednesday on ZOOM.
This is a peer-led group that provides a space to chat and have fun with other YCs.
Contact julia@suttoncarerscentre.org to learn more.

KidsTime



Join us for *KidsTime*, a whole-family, monthly workshop for families impacted by Mental Illness. These workshops provide a safe and supportive environment to learn about mental illness and wellness through discussion, games and drama. These workshops take place on a Wednesday evening from 5:30pm - 7pm. Upcoming workshop dates: 16th June, 14th July. Please get in touch with esme@suttoncarerscentre.org to learn more about the workshops.

**FIT BODY
FIT MIND**



ONLINE BOXING & MINDFULNESS TRAINING
LIVESTREAMED FOR YOUNG CARERS

**Click here
to register.**

**KEEP FIT
& LEARN
BOXING
TECHNIQUES
WITH
PRO TRAINERS
& MINDFULNESS
PRACTICES
TO BE
CALM &
STRONG**

SUITABLE FOR ALL ABILITIES → NO EXPERIENCE NECESSARY

**JUNIORS → THURSDAYS → 4:00pm-4:30pm
SENIORS → THURSDAYS → 5:30pm-6:15pm**

Wellbeing Corner

WITH ESME STOCK

This year, the theme of Mental Health Awareness Week was 'Connect with Nature' ([see our staff video here](#)).

Being outside and spending time in nature can have a really positive impact on our mental health and wellbeing. Still, sometimes it can be difficult to leave our homes and venture outside. If you are caring for a relative you don't want to be apart from or feeling low in yourself; a simple activity like a walk can feel daunting or even impossible to contemplate. However, even the smallest of moments can make a positive difference. So, if spending time outside is something you feel unsure about, perhaps try a short walk to the end of the road to begin with. You could even set yourself a specific amount of time, such as five minutes, to stay outside. It may feel like a hurdle at first, but once you've taken that first step out of the house, you may find that time passes without too much effort.

The following exercise helps to focus a busy mind and calm anxious thoughts, so perhaps try it next time you're outside and see what you notice:

5

Acknowledge five things you see around you – the sky, buildings, and trees.

4

Acknowledge four things you can touch around you – your feet on the ground, leaves, and petals.

3

Acknowledge three things you can hear – birds singing, children laughing, and your breath.

2

Acknowledge two things you can smell – freshly cut grass, flower's scents.

1

Acknowledge one thing you can taste – a mint, gum, the fresh air.

If you fancy a creative task, you could take this exercise one step further and photograph the different things, building a collage of images that you can later reflect upon and draw comfort from.

Being outside in the fresh air can reinvigorate our energy levels and remind us of the larger world on our doorstep. By changing the environment we're in, we can also change up our mental state. I hope you are able to take advantage of the longer days as we head towards summer, and although we can't control the British weather, we can try to enjoy being outside and all it has to offer.



How about doing some planting? We have 30 packets of seeds to give to our Young Carers to get potting. Text your name to 07787063340 to get some.

Over the Easter break, *Create Arts* joined us for three days of photography workshops. Working on our frames, shadows, lighting and shapes, we captured tons of marvellous pictures, viewing our surroundings in a new way. How will you capture the outdoors using a new point of view?

Info and Contacts

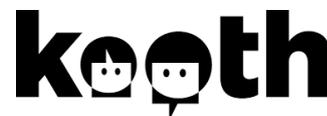
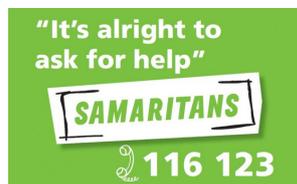
COVID UPDATES !!!

Some Young Adult Carers aged 16 - 17 may be still be eligible to receive a priority COVID-19 vaccination. If someone relies on you for their care and support, then please contact us. We also can provide guidance for Carers and family members aged 18+ about getting the vaccine.

We understand that, as Carers, you may not be feeling the same sense of relief as the rest of the world seems to be as we "re-open". Know that we are here to support you. We recognise that COVID is not "over" and want to support you through this change.

We will be gradually reopening the Centre and hope to have you all back very soon. We are taking steps to ensure the Centre is as safe as it can be before returning fully. Please reach out to us if you have questions.

Helpful Links & Apps



[Carers Trust: My Mental Health Video and Toolkit](#)

[BBC: How to protect your Mental Health](#)

[NHS: Mental wellbeing audio guides](#)



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