

Spring  
April - June 2019

# COOL NEWS



SUTTON  
CARERS  
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

## NEWS for Young carers in Sutton



### Young Carers Awareness Day !!

In the lead up to Young Carers Awareness day, Tom Brake, MP, joined us at the Centre to support the campaign and Councillor Ruth Dombey met with our Young Adult Carers as they asked her to #CareForMeToo.



# YC UPDATE

## CAMHS Consultation

Sutton Parents Forum are

inviting parents to take part in the CAMHS consultation on Thursday 25 April from 10am-12pm at Tweeddale Children's Centre, SM5 1SW. The aim is to give feedback on your experience of accessing CAMHS services. They are interested in both your experience as a parent supporting a young person accessing the service, and the experience of the young person. Please contact us for more information.



## Activities Highlights!

Hello! My name is Sarah and I am joining the YC Team to help out over the next few months. I have worked with the team before and I am really pleased to be back. I have seen some of you at Chill and Learn already.

I was also at the Create Art Music activity. It was great to see everyone having a great time writing songs, playing music and singing together, ending with a performance to families on the third day.

Festus (our new Social Work Student) led on a fun ice-breaker game at the 'DVD & Dessert' event. Everyone enjoyed watching Disney's 'Coco' while eating ice-cream with lots of toppings.

We have been really lucky to have knitting workshops delivered by Adult Carer Claire Rawlings. It's a great way to learn a new hobby, making clothes and toys from wool with two long sticks.

## Jokes and Riddles

Q. What is a tornado's favourite game to play?

A. TWISTER

Q. How do you cut the sea in half?

A. WITH A SEE SAW!

Q. Why was the bee's hair sticky?

A. Because he used a honey-comb!

Q. How did the astronaut serve dinner in outer space?

A. On flying saucers!

# NEWS

## Wimbledon Mascot

We are so pleased to share these amazing photos of D'Sean enjoying the awesome experience of being a mascot at Wimbledon AFC.

D'Sean got to train with some of the team, and get fully kitted out and walk on the pitch with the team as the match started.

You can see D'Sean below shaking hands with all of the opposition players too!



## Carers Thames Walk May

We are inviting families to take part in the sponsored walk along the Thames in London on Saturday 11th May to raise money for Sutton Carers Centre.

The sponsored walk starts at Southwark Cathedral and offers 3 routes; Short 2.8 miles, Medium 4.8 miles, and the Long Route walk 8.9 miles. There are also routes for wheelchair users. We will pay your entry fee if you will fundraise for us. Its a fantastic excuse for a day trip to London, seeing all the sites along the south bank. Contact YC team for more details.



## Welcome Festus!

Hi everyone, my name is Festus , I am a Student Social Worker who recently joined Sutton Young Carers team. It is a great opportunity for me to work with the young people during my placement for the next few months. I am looking forward to having a wonderful experience working with the Young Carers Service. I hope to learn more from my team and other professionals as I contribute towards improving the lives of Young Carers. I have met some of you at the Music Workshop and DVD & Dessert which was great. I hope we will have more fun times together.



# Julia's Wellbeing corner - want to Talk?



It is important to talk about your problems so that you can get it all out of your system and start to find ways to solve them. The person you are talking to may help you solve your problem or give you some advice or encouragement to help you feel better about the whole situation. If you just keep your problems to yourself, then sooner or later, they will begin to build up and you could end up really ill or reacting in a way that could get you into trouble.

Talking about your problems can release pent-up feelings and ease any stress and worries you are facing. Talking to someone outside the situation may help you to find a solution to the problem. You can talk to parents, family members, teachers, staff at school, friends and us! If you don't think you can discuss the problem with anyone you know, you can call a confidential telephone helpline service such as Childline. It can be hard to talk but there is always someone willing to listen. A problem shared is a problem halved.

Some helpful telephone numbers:

Off the Record: 020 8680 8899

NSPCC Childline: 0800 1111

Domestic Abuse Helpline: 0808 2000 247

Samaritans: 116 123

Talk to Frank (Drug and Alcohol Advice): 0300 123 6600



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From time to time we are contacted by various local and national media organisations for the views and thoughts of Young Carers and their families. If you would like to talk to these organisations about being a Young Carer please let us know. We will keep you in mind should any opportunity like this come up.

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