


Spring 
April-June 2018

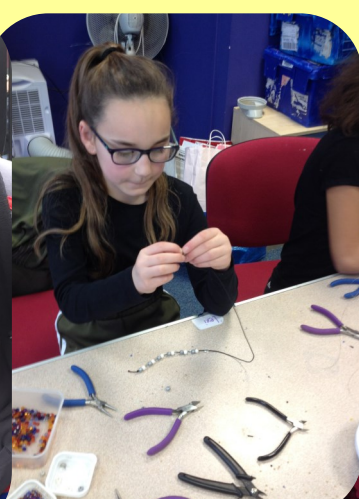
COOL NEWS

NEWS for Young carers in Sutton



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS



Jokes and Riddles

What is a cow's favourite song?

I like to mOOOOve it!

Alina Saljoughian

Why wasn't the Cyclops a teacher?

Because he only had 1 pupil.

Harry Wheatley

carers week 2018!

This year, Carers Week will run from Monday 11th-Sunday 17th June. Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK. As always, we will be holding a Young Carers Party to celebrate the amazing work that you do and the difference you make to your families. There will be cake, party food, arts and crafts and games!

YC UPDATES



Valerie's Activity Update

We kicked off 2018 with two Young Carers Consultations. Thank you very much to all the Young Carers and family members who attended these events. You eloquently shared your experiences of being a Young Carer and the impact it has on your lives with key people in Sutton including people from Sutton Council and Health services, who make important decisions about Young Carers services. Your input was invaluable and will help to shape future services and support for all Young Carers in Sutton.

February half-term began with a trip to *Afters* Dessert shop on Sutton High Street with our Young Adult Carers. We all indulged in a dessert of our choice including crepes, ice cream sundaes and waffles to name a few! It was a great way to beat those winter blues and it was lovely to welcome some Young Carers we hadn't seen in a while, as well as our regulars! We discussed what sorts of activities Young Adult Carers would like us to offer going forwards and it's safe to say that activities involving a meal or dessert continue to be high on the agenda, as well as some other good suggestions which we will take on board!

Once again, we were lucky enough to have a *Create Arts* workshop over the half-term. With the expertise of jewellery-maker Hayley, some of our Young Carers learnt how to use tools and master some tricky techniques to make a whole range of jewellery including earrings, bracelets, necklaces, rings and headbands. I think everyone went home on the last day with enough jewellery to set up their own stall and I'm sure there were some spoilt family members!

We ended the Winter activity programme with a trip to London with 6 of our Young Adult Carers to see a performance of *Much Ado about Nothing* at Shakespeare's Globe. It was a fantastic performance and well worth braving the cold winter weather for! Thank you to *Deutsche Bank* for providing the free tickets as part of its 'Playing Shakespeare with Deutsche Bank' programme.

We have lots more great activities coming up in the Spring so please make sure you check out our booking form!



MY MENTAL HEALTH

We are excited to announce we have been chosen to run a 12-month campaign with Carers Trust and Blackpool Carers Centre. The campaign is called 'My Mental Health' and will enable Young Carers in Sutton & Blackpool to share their views about how the pressures of caring can impact their mental health. Therefore, there will be lots of opportunities for you to share your views at local and national level with the aim of making things better for you and future Young Carers! Campaigning might involve sending a letter to your local MP or your Head Teacher, speaking at an awareness-raising event or meeting MPs in Parliament. There are a whole range of different ways you can get involved and some of our activities across the year will be linked to the theme of mental health. If you would like to campaign for better mental health for Young Carers, please contact Valerie.

60 Seconds with Sutton Young carers

Name: **Abbie**

Age: **12**

Who do you care for? **My siblings**

Favourite color: **Black**

Favourite animal: **Snake**

Favourite subject: **Maths**

Summer or winter? **Summer**

Sweet or savoury? **Savoury**

Indoors or outdoors? **Both**

Best thing about Sutton young carers: **Meeting new people**



NEWS



LONDON NEW YEAR'S DAY PARADE

2018 got off to a flying start with 6 of our Young Carers, accompanied by CEO Rachael, taking part in the *London New Year's Day Parade* in central London. We were invited to take part by the *Gary Mason Charity* who represented the London Borough of Sutton and Mayor in the parade. It was a very exciting day and our Young Carers took it all in their stride, parading in front of thousands of people donning yellow ponchos and multi-coloured umbrellas! It's certainly a day they won't forget.

To top it off, the Sutton float was awarded 5th place in the competition winning £6000 to be split between Sutton Carers Centre and Sutton Women's Centre - the Mayor of Sutton, Cllr Jean Crossby's chosen charities of the year.

The Young Carers who took part were also invited to attend an award ceremony with a guest of their choice at the *Holiday Inn* in Sutton. They received medals for taking part and a calendar as a memento of the day, as well as a big cheque!

To see more pictures and videos from the parade, go to www.gary-mason-charity.org or visit the Gary Mason Charity facebook page.

Wanted! - Young Carers Ambassadors

Are you passionate about Young Carers' rights?

Do you want to help raise awareness and understanding of the needs of Young Carers in your community?

Could you be a Young Carers Ambassador?

We are looking for Young People who would like to take on the role of a Young Carers Ambassador for Sutton Young Carers.

Your role could involve:

- Attending and contributing to our quarterly Young Carers Forum
- Training professionals to identify and understand the needs of Young Carers. This might include training schools, social workers and groups within the community
- Attending both local and national conferences and events to be a voice for Young Carers
- Helping to organise Young Carers fundraising events
- Helping to recruit other Young Carers Ambassadors

As a Young Carers Ambassador you will have:

- A Young Carers ID badge and certificate
- Access to training and support
- Opportunities to develop new skills and gain new experiences that will enhance your CV and strengthen university and college applications

If you would like to become a Young Carers Ambassador for Sutton Young Carers, please contact Valerie by text 07985574912, email valerie@suttoncarerscentre.org or call 020 8296 5611.



Alina's account of the London New Year's Day

Can you tell me about your day at the London New Year's Day Parade?

I got up in the morning and my Mum dropped me off to get the coach. I felt excited and nervous at the same time because it was the first parade I had ever done. When we got to London we were given our costumes which were bright yellow ponchos with rainbow umbrellas. There were lots of people getting ready for the parade. We waited our turn and I felt a little bit exhausted but still excited. When it was our turn, we shouted 'Sutton Carers Centre, oy oy oy' and followed the Sutton float.



What was your favourite part of the day?

My favourite part was giving high-fives to all the people watching the parade.

Tell me a bit about the award ceremony.

I went with my Mum and my Mum's friend to the award ceremony at a 4* hotel. We got a shiny medal given to us by the Mayor and we had to go up on stage to get it.

Well-BEING corner



Hurry up Spring!

So when will Spring officially start? In the meteorological calendar, Spring begins in March and ends in May. It is now March and we are still having to cope with freezing temperatures! Here are some thoughts to help you to focus on the next season and what you may be looking forward to in Spring when the daffodils begin to bloom.

Easter Holidays:

Easter can mean different things to different people. For some people, Easter marks a celebratory religious period. For others it might be a time to rest, spend time with loved ones or simply a good excuse to indulge in lots of chocolate! Whatever Easter means to you, make the most of the Easter break and fill your time with the things you enjoy.

Changes in mood:

As the weather starts to warm up, some of us may notice a change in our mood. Embrace the longer days and sunshine by spending some time outdoors. Close your eyes and take in the freshness of the Spring air and enjoy the sound of birdsong. Sometimes we just need to seek a little space to unwind away from our busy lives. Being outdoors and tuning into the seasonal change can help lift our mood and beat feelings of tiredness and lack of energy. Make the most of the warmer temperatures by getting active. Why not go for a bike ride or walk to an ice-cream shop?!

Health:

As we all know, the weather can be unpredictable. In some cultures they identify the seasonal weather changes as "an ill wind", which influences the changes of temperature and impacts on our health. So what steps can you take to look after your health? If you find yourself coming down with a cold, keep hydrated by drinking lots of fluids. Diet is also essential in helping to keep you well. Reach for a glass of orange juice to build up your vitamin C levels and add foods that are rich in antioxidants to your diet, for example adding blueberries to your porridge.

New beginnings:

Spring is often seen as a season of new beginnings; it brings change, light and provides us with bursts of colour, from the bluebell to the daffodil. It is a time for new life and growth. The new life that we see in Spring can bring us hope and promise of change. It may well be a better time to set ourselves resolutions than in cold, dreary January when many of us just want to hibernate! So why not set yourself an achievable goal that you would like to work towards this Spring?

Wishing you all a very Happy Easter and Spring!

Quote – "You can't go back and change the beginning but you can start where you are and change the ending." C.S Lewis.



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