

NEWS

# SYC

SUTTON YOUNG CARERS

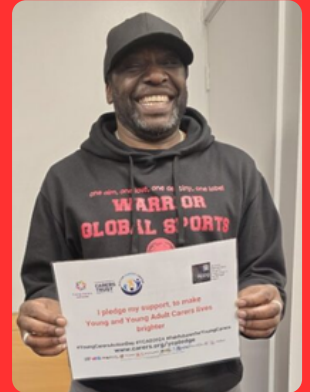
A Network Partner of  
**CARERS TRUST**



APRIL 2024

## The Voices & Vibrations of our Young Carers

A big thank you to all those who pledged their support for Young Carers to have a fair future! #YoungCarersActionDay24



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# SPRING HIGHLIGHTS

THIS OL' MONEY!

## Crafting melodies on a Financial Frequency!



February half term was an absolute whirlwind of excitement in the Create Arts' change:matters Music workshop.

We pounded drums, shook maracas and whacked vibraslaps whilst exploring numerous subject matters within the topic of financial literacy.

We stayed energized and refreshed by engaging in games, and even created two catchy songs and an exciting drama performance that got both staff and parents singing along!

SCAN ME



## Back-2-Back TOON Featurette Feast!

We absolutely stuffed our faces in Disney & Desserts kicking back as we giggled to Lilo meeting Stitch and showing him around her island.

Anime Antics saw us immersed in the world of beasts, as we were introduced to Kyuta and Kumatetsu. Their bond is a pure example of caring for another.



## WE WERE NOT THROWING AWAY OUR SHOT!

A Hip-Hopera of pure magic! Hamilton swept us off our feet and transported us straight back to 1776. Hamilton's triumphant though turbulent story "blew us all away" with how relatable it was to our caring roles and to the challenges we face each day.

We were enthralled with it's lyrical infectious jams, provoking us into a stronger sense of duty for our loved ones.



# ACTIVITIES UPDATE

## PEER SUPPORT

14+ - 24th April 2024

18-25 - 2nd May 2024

8-13 - 1st May 2024

## CHILL N' LEARN HOMEWORK CLUB

15th April 2024

Mondays (Runs term-time only) Ages: 8-18

3:30 pm - 5:00 pm

## YC AMBASSADORS

25th April 2024

Runs Every Last Thursday of the month

4:00 pm - 5:30 pm

## YOUNG CARERS FESTIVAL

June 28th - 30th  
Ages: 11 - 17

Join us for a weekend of enjoyment, food, games, activities and celebration!

TO BOOK OR LEARN MORE ABOUT ANY OF THESE ACTIVITIES, PLEASE CONTACT [YOUNGCARERS@SUTTONCARERSCENTRE.ORG](mailto:YOUNGCARERS@SUTTONCARERSCENTRE.ORG)

## EXCITING ANNOUNCEMENTS

## YOUNG CARERS ACTION DAY

We had a lovely gathering during Young Carers Action Day, we celebrated our Young Carers achievements by chomping pizza and guessing each others favourite songs. Together, crafting another cherished memory, woven with the beautiful threads of our bond with these incredible Young Carers.



## MAYOR'S RECEPTION

We wrapped up Young Carers Action Day with a bang at The Mayor of Sutton's Reception.

**Mayor of Sutton, Councillor Colin Stears** hosted a fantastic gathering for Young Carers.

**Devonshire Primary, Foresters Primary, Abbey Primary, Oaks Park High School, and Nonsuch High School** all attended to meet with the Mayor of Sutton and the **Deputy Mayor, Louise Phelan**. It was a joyous afternoon sharing and swapping stories over cupcakes about our Young Carers big hearts and the impact they make towards their families in the wider community.



# WELLBEING CORNER

## You will need:

- a partner
- a coloured pencil or pen

## How to play:

- take turns playing rock, paper scissors.
- The first person to colour 4 in a row, wins.



**Rock**



**Paper**



**Scissors**


Thinking back to your MyStar, you could make a game where you can track your progress with your friend or person of your choosing. Then pick a category to focus on each day and colouring it in.

- **Personal Health**
- **Where you live**
- **Being Safe**
- **Relationships**
- **Feelings and Behaviour**
- **Friends**
- **Confidence & Self-Esteem**
- **Eudcation & Learning**

**Some Examples:** You could drink more water, organize or reorganize something at home, be more vigilant when it comes to dangerous situations or keeping your personal items safe. It could be making more time to talk to loved ones, taking some time to do something you enjoy, challenge something you disagree with, or reflect on what you're good at and how you can improve.

