

DECEMBER 2021
AGES 8-13

SUTTON YOUNG CARERS NEWS



Some highlights from our weekly sessions, holiday courses and days out with our Young Carers this Autumn

YOUNG CARERS CHRISTMAS PARTY!

Join us for an evening of fun and festivities at this year's Young Carers Christmas Party!

There will be games, karaoke, dancing, food, crafts and much more!

Location: Sutton Carers Centre

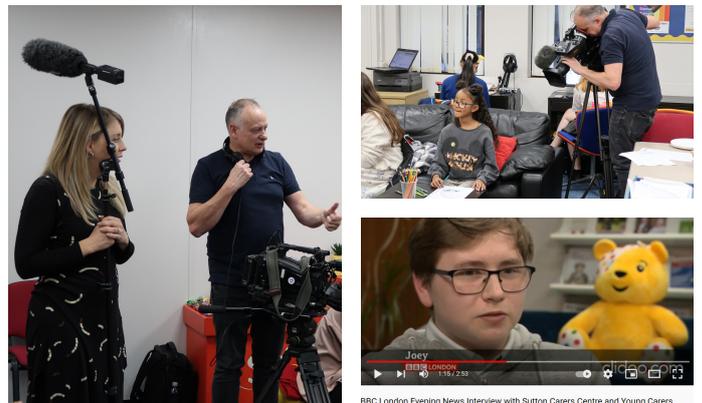
Date: 8th December 2021

Time: 4-6pm

RSVP to anna@suttoncarerscentre.org or 07787063340 with Young Carer's name.



BBC CHILDREN IN NEED



Did you see Sutton Carers Centre's news segment on November 19th? Check it out [here](#). We had such an amazing time filming with BBC London! Two of our Young Carers, Aisha and Joey, shared their stories to help other Young Carers know that they are not alone, and to support other young people to identify themselves as Young Carers, too.

WELLBEING CORNER

BUILD A WINTER DEN

So many of us look forward to the winter holidays. It can be cosy, there's no school, no homework and it can be a time to spend with family. It can also be overwhelming and for many, it can be a time of high anxiety. Finding, or making a space that's yours, where you can relax and do things you enjoy may help. Try building a den! Here are some top den tips:



Your den checklist:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

COVID UPDATE!

At the moment, 12 - 15-year-olds can get vaccinated at St Nicholas Shopping Centre, Monday - Friday, 3:30pm - 7pm. Contact us for the most up-to-date info.

AUTUMN HIGHLIGHTS

#MyWay Campaign | Carers Rights Day

Check out our YouTube channel to see the content our Young Carer Ambassadors have been creating for the #MyWay Campaign, which launched on Carers Rights Day (November 25th).

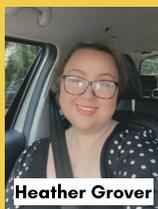
Create Radio Workshops



October half-term fun with *Create!*



HEATHER'S BOOK CORNER



Heather Grover

Heather is a Young Adult Carer and one of our original Young Carers Ambassadors. She is also our resident bookworm and is sharing her expertise and recommendations with us!

Title: The Boys by Lauren Ace and Jenny Loulie

This book is a really lovely story about a group of boys and their journey through their lives. It gives you a nice perspective about the different paths life can take you on. The illustrations in this book are phenomenal.

Title: The Highland Falcon Thief by M.G. Leonard and Sam Sedgman

An amazing mystery/adventure book. Harrison and his Uncle are riding on the Highland Falcon steam train when a precious jewel goes missing. Harrison and his new friend have to solve the mystery, but they're on a time limit. Can they catch the thief before their journey is over?

ACTIVITIES UPDATE

PASSPORT

Ages 9-11

Tuesdays 4-5.30pm

Starting after February half term.



Chill & Learn

Mondays, 4-5.30pm

Movie Night
14th February

PEER SUPPORT

AGES 12-14

WEDNESDAYS,
MONTHLY

4-5.30PM



YOUNG CARER
AMBASSADORS
THURSDAYS



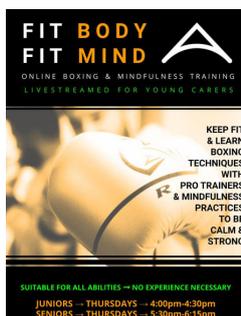
PANTO!!

Monday 3RD
January

Beauty and the
Beast at Epsom
Playhouse



Have your say!
What would you like to see the Sutton Young Carers Service doing next year?



Visit mindfulpeakperformance.com to learn more about free mindfulness boxing for Young Carers.



FUN & GAMES

Spot the 10 differences in the images below.



ChildLine
0800 1111

TALK TO US
OFF THE RECORD

HEADSPACE
TREAT YOUR HEAD RIGHT

keoth

NHS

"It's alright to ask for help"
SAMARITANS
116 123

YOUNGMINDS
fighting for young people's mental health

uplift
PROMOTING HEALTH & WELLBEING IN SUTTON

FRANK
0800 77 66 00 talktofrank.com

SCC CONTACTS & LINKS



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Please contact us or
see our website for
the 14+ newsletter!



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