



A Network Partner of  
**CARERS TRUST**



**APRIL 2026**

*The Voices & Vibrations of our Young Carers*

A huge thank you to everyone who pledged their support for a fairer future for Young Carers

**#YOUNGCARERSACTIONDAY2026**



SCAN



to visit our website!



@SuttonCarersCentre



@SuttonYoungCarers

# ACTIVITIES UPDATE



## YC CALENDAR

### PEER SUPPORT

Wednesday 6<sup>th</sup> May

Wednesday 3<sup>rd</sup> June

3:30 pm - 5 pm

18-25 Drop in - Every Tuesday

### CHILL N' LEARN HOMEWORK CLUB

Mondays (runs term-time

only) Ages: 8-18

3:30 pm - 5:00 pm

### DISNEY & DESSERTS

Monday 30<sup>th</sup> March

1:30 pm - 3:00 pm

Ages: 8-14

Runs during school holiday

TO BOOK OR LEARN MORE ABOUT ANY OF THESE ACTIVITIES, PLEASE CONTACT

YOUNG CARERS

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### YOUNG CARER AMBASSADORS

Thursday 29<sup>th</sup> April

3:30 pm - 5 pm

(All Ages)

### FREE2B WELLBEING SESSION

15<sup>th</sup> April

3:30 PM - 5 PM

### PLOT TWIST WORKSHOP

31<sup>st</sup> March - April 1<sup>st</sup>

2-day comic book + character design workshop



## YOUNG CARERS ACTION DAY

On Wednesday 11<sup>th</sup> March, Young Carers came together to celebrate Young Carers Action Day – a moment to be seen, recognised, and celebrated for the incredible strides they make while caring for and supporting others.

We created our own theme, "Sharing is Caring" swapping our usual pizza for a bucket of chicken and enjoying time together before tuning into the Create YCAD Showcase. There, some of our amazing Young Carers took the stage to present their achievements from the Create Drama workshop. It was truly awesome!

visit our Tik Tok to see some of our YCs aspirations for the future.



All artwork produced by a YAC Ambassador during the workshop, all credits to them.

# SPRING HIGHLIGHTS



## YCs on Scene

We had an amazing **Drama Workshop** in partnership with **Create**.

Led by drama artist Darren, we got stuck into fun, high energy activities that got everyone moving, thinking and expressing themselves. There were loads of laughs along the way and it was great to see everyone joining in.

We also shared things that matter to them and got to know each other better. The highlight was working in pairs to learn fun facts, then introducing each other in a final showcase in front of the group.



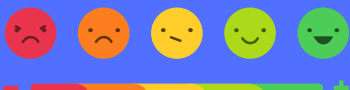
# BOING!

## Rate that *FLICK!*

We gave **Kiki's Delivery Service** a 4/5 rating and it's easy to see why! This charming Studio Ghibli classic is full of warmth, gentle humour, and beautiful hand-drawn animation that brings Kiki's magical world to life.

The highlights were Jiji the cat's quirky jokes and Kiki's journey of learning to be independent and believe in herself, even when things feel overwhelming.

If you love magical adventures, comforting vibes, and stories with heart, this one's a must-watch!



to read our blog for more info!

# WELLBEING CORNER



Stay hydrated and aim for 6 to 8 glasses of water a day. Around 75% of the brain is made of water, so staying hydrated helps with clear thinking and concentration.

- Darker wee can mean you're dehydrated.
- Avoid energy drinks as they can affect sleep and cause headaches or stomach aches.



- Take a break from studying every 1 to 2 hours.
- Try a breathing pause: notice how you feel and take 5 slow breaths in through your nose and out through your mouth.
- Apps like Insight Timer offer free meditations and relaxation exercises, including content for kids and teens.



Move your body. Exercise can help release stress while preparing for exams.

Aim for a consistent bedtime and avoid screens for an hour before sleep, as blue light can disrupt rest.



- Plan ahead. Keep a calendar with your exam dates, times and locations.
- Start revising early and prepare what you need the night before to avoid last minute stress.

Make time for your interests. Reward yourself and do things you enjoy to help reduce stress.



## NEW CHARACTER APPROACHES!



Dear Young Carers,  
Hey my name is **Matt** I'll be the new **Young Carers Activities Worker Intern**, and I can't wait to work with you guys to make the Carers Centre the most fun it has ever been! You may have seen me around the Centre before as I've been a Young/ Young Adult Carer here for the past 7 years. I love to be creative with art and design projects as well as music and performing arts. If you're into video games then I'm always down to hop on. While I'm here my mission is to make the centre bright and beautiful and bring energy to whatever we do!



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