



Winter
January – March 2019



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

COOL NEWS

NEWS for Young carers in Sutton



xmas Party!!



Lord Mayor's Show...



Annual Review



Dance Workshop



xmas Party and Meal



Tay Wins the Sweets!!



Liam Wins Jeff!!



Ellie at Palace!

YC UPDATES



Andy's Activities Highlights!

Wow times flies, it is the New Year, yup it's 2019! Where did 2018 go? All of us here at YC Towers hope you all had a fab Christmas and New Year. Back to school soon. Anyway, here are Andy's highlights of our activities in the last quarter.

During November four of our YC Ambassadors, Beth, Heather, Imogene and Laura came to our **Annual Review** and spoke to the Mayor and other dignitaries about our "My Mental Health" campaign we have been running with The Carers Trust. They were outstanding and very professional and we are all hugely proud and grateful for their efforts! We're sure that everyone went home hearing the "My Mental Health" message loud and clear.

Finally, 6 lucky Young Carers took part, thanks to Create, in the 2018 **Lord Mayors Parade**. This historic event has been going on for over 800, yes 800 years and sees the newly appointed Lord Mayor of London parade through London in his gold coach, accompanied by nearly 150 bands, floats and other participants. It was a chance of a lifetime and was broadcast live on TV in the UK and across the world. How cool is that?!

The Christmas Party and YAC Meal both went off so well. There was food, dancing and laughs with friends making for a very special end to the year. Thanks to everyone who came!

It's been a great year and we hope you have enjoyed our activity programme and managed to come along to YC Towers to see us. We aim to make 2019 a great year for activities but we can't do it without your help, support and your endless enthusiasm. So thanks to you all!

Thank You to... All those who made the Christmas Party possible!

- Lydia Eddens from Free Cakes For Kids
- The Linus Project.
- The Thomas Wall Centre.
- KNIGHT FANTASTIC Disco.
- Terry Lambert.
- Father Christmas.
- Navara Beauty, Sutton.
- Smiggle Stationary, Sutton.
- Sutton Salvation Army Church.
- ASDA, Sutton.
- All those who donated gifts

And of course our volunteers - Sarah Dean, Christine Young, Nazia Ayyaz, Heather Grover, Matt Campbell



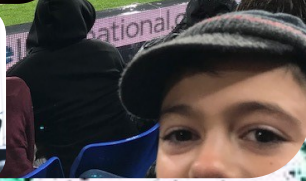
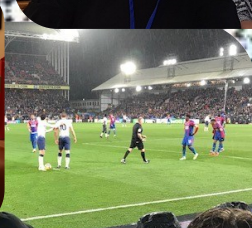
"Chill and Learn" starts on Monday 14th January 2019 from 4pm - 5.30pm. It is a great place to meet other Young Carers, get your homework completed, play some games and relax. It is really helpful to have homework with you that you would like to complete, but if you do not have it, we can provide educational resources for you to use. We have computers connected to the internet and a printer. Snacks are always provided. If there are any resources or information that you know that you will need on the night, or you would just like more information please email Julia on julia@suttoncarerscentre.org

Jokes and Riddles

What did one egg say to the other egg? You crack me up!

What do you call a pig who knows Kung-Fu? A pork chop!

What song does a vampire sing on New Year's Eve? Auld FANG syne!



NEWS



Young carers Awareness Day

It's official! An important date for your diary... The next Young Carers Awareness Day will take place on Thursday, 31 January 2019.

This time, the focus will be on mental health, which follows on from the "My Mental Health" campaign.

This will be the fifth official Young Carers Awareness Day and we aim to continue identifying Young Carers and raising awareness of the vital role that you play in supporting your families, day in and day out. You lot rock!!

carers Thames walk 2019

Look out for this fun family fundraising event in June 2019. Each year in Spring, CTW organises a walk along the Thames to have fun, raise funds and highlight the work of Carers. So get over to www.carersthamswalk.org.uk and sign up! A guaranteed fun day by the river!

So, we are about halfway through the 2018/19 Premier League season and it's rocking! We still have tickets available, thanks to FreeKicks, for the remaining Crystal Palace home games. So get in touch and get down to Selhurst Park and watch Palace in the final run in. Can they stay up or does relegation beckon? It's going to be so exciting! #COYP



Hello from Julia

Hi, my name is Julia Kerr and I have been given this amazing opportunity to work as Sutton Young Carers Senior Support & Development Worker in Education. I have worked for nearly 30 years in education as a coach and mentor. Many of the Young Carers that I have worked with previously have gone on to do amazing things, using the skills they developed from their caring roles and realising that education can really be the thing that can change things for themselves and their families. I look forward to meeting you, sharing my mentoring and coaching skills, and having inspiring conversations with you. I am excited to be on the journey with you, and watching you overcome your adversities on your paths to success.

On My Mind

Online information for Young People on Mental Health Services & Support. The Anna Freud Centre have great online information & advice for young people who are experiencing anxiety or depression. It may be particularly helpful for young people waiting for support. It will also help you to:
Know your rights Understand all the Jargon Know what to expect from services
Learn self-strategies to help you manage better
Check it out: www.annafreud.org/onmymind/self-care.

Meet Alex, our Drama Therapist

I am a trainee Drama Therapist, working with Sutton Young Carers until the summer. I am studying for a Masters at Roehampton University, just down the road near Kingston. I'm in the final year of my training. When I am not studying, I am busy being a children's Birthday Party entertainer. I particularly enjoy doing unicorn and superhero parties. Dramatherapy uses storytelling, art, drama, music, drawing, games and other creative things to help children and adults with their confidence, understanding emotions and finding ways to express themselves. Anyone can have Dramatherapy, from older people with dementia to 4 year olds with learning challenges.

I love musical theatre, I can't stop listening to the Hamilton soundtrack at the moment. I also love animals, especially cats, giraffes and cows. I like eating avocado on toast and chocolate cake! I'm so excited to be doing my placement with the Young Carers Service and look forward to seeing you!

Goodbye from Shukri

Dear YCs as cheesy as it sounds, it is with a heavy heart that I say a part goodbye to you and the Young Carers team. I have absolutely loved supporting you. Over the past 3 years I have seen you grow and not only did I get to know you; I also learned about myself too. Supporting you has been a pleasure even during challenging moments and I will always continue to fight your corner. I will take the experiences I have had working with as I embark on my new journey as the Adult Support Service manager (maternity cover) and will support you through a different route. As I said it is a part goodbye as I will still be at Sutton Carers Centre and may gate crash some of your events. Keep being wonderful you!



Are you the next Apprentice?



In March we are running an Apprentice Themed Day for our Young Adult Carers. Wiseup Team Building are coming in to put you through your paces in designing, building and marketing something (to be revealed on the day) and then presenting it to a panel! Teamwork, self confidence and various skills are the aims of the day with a huge helping of fun with friends. So get in touch with us if you'd like to take part and put your business skills to the test! It's sure to be an interesting day! Ages 14+ for this one... **You're Fired!**



Julia's wellbeing corner



January is usually a time for planning the year ahead. After all the excitement surrounding Christmas you might feel low or you could be really looking forward to what the New Year will bring. Here are some tips to help you plan ahead for the New Year...

Be kind to yourself and others - We are often our own worst critics. Find at least one thing that you like about yourself every day and say well done. Be kind, you are wonderful, you are unique, there's only one you. The smallest act of kindness to another person can really make you feel great, whether it's a smile, a thank you or a kind word.

Be part of a team and be active - you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find others with the same interest as you. Connect with the people around you. This could be your family, friends and neighbours.

Celebrate achievements - Keep learning new things. A new skill can give you a sense of achievement and a new confidence. So try something new and celebrate that you have taken part. Invite others to celebrate your success with you.

Get support - Whatever you need the support with, ask! There is nothing wrong with asking for help. A little help can make us feel less stressed and can teach us new ways of doing things.

Get enough sleep - When we are well rested we feel happier and more able to cope with whatever we have to do.

Make SMART (Specific, Measurable, Achievable, Realistic, Time-Related) targets - Think about what you want for the New Year and break it down into little steps. You will get to your target, one step at a time. Have a fantastic New Year.

MY MENTAL HEALTH campaign



The 'My Mental Health' campaign is drawing to a close and Young Carers in Sutton have achieved big things! You have had your voice heard in Parliament, in schools and by local councillors and that can only be a good thing. Feedback has been great and in the future there is no doubt your views and thoughts are being heard by those people that make decisions about services in Sutton. You can all be very proud of your efforts and know that real change has occurred because of YOU! So thank you to Carers Trust for our opportunity to take part and shape the rest of the campaign as it heads into Year 2. We wish you lots of success for the future of the campaign.

Childline; Free & Confidential Support



Childline is a service that can be contacted any time of the day and night. Childline is free and doesn't show up on the phone bill. It was set up to support young people under the age of 19 anywhere in the UK. Childline can help with support, advice and information.

www.childline.org.uk

Call 0800 1111

1-2-1 Live Chat (through the website)

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 be considered and are happy to speak to these organisations please let us know. We will keep you in mind should any opportunity like this come up.



Mel Choudhury
Young Carers Service
Manager

melanie@suttoncarerscentre.org



Andy Whapham
Young Carers Senior
Support Worker -
Activities

Mobile: 07860 8479889

andy@suttoncarerscentre.org



Julia Kerr
Young Carers
Senior Support
Worker -
Education

julia@suttoncarerscentre.org

Mobile: 07860 8479889



Nazia Ayyaz
Young Carers
Support Worker -
Admin

youngcarers@suttoncarerscentre.org

Young Carers Service
Sutton Carers Centre
1st Floor Benhill House, 12-14 Benhill Avenue
Sutton | Surrey | SM1 4DA
Tel: 020 8296 5611

Email: youngcarersenquiries@suttoncarerscentre.org

www.suttoncarerscentre.org www.carers.org/sutton

Online support: www.carers.org/carers-space

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