

Message from our Acting Chair, Sharon Gallagher

I am delighted to be in the fortunate position of celebrating such a special year for SCC - **it's 25 years since the charity was conceived and we are thrilled to have been chosen as one of the Mayor of Sutton's charities for this anniversary year.** We have also celebrated Rachel MacLeod's 10 years as CEO and said goodbye to Amanda Cummins after 13 years of fantastic service to SCC.

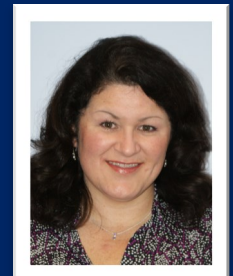
As these numbers suggest, we pride ourselves on stability and continuity, but **it is essential we scan the horizon for potential changes and developments, especially in external funding or the national social care and health landscape.** Funding is of course always a challenge, and we are strengthening our fundraising strategy to diversify our sources of income, recognising that this requires an investment of both time and money before it bears fruit.

At a recent Board Strategy Away Day, we reminded ourselves of our many achievements this year - **highlights would be receiving external Quality Assurance validation from both PQASSO and Carers Trust and exceeding contract targets - all while managing a significant reduction in our deficit position.** None of this could have been achieved without the help and support of funders, donors, volunteers, Trustees and of course the dedicated staff team, whose resilience and professionalism in an increasingly complex and challenging environment never ceases to amaze me.

Our focus of course remains Carers - what they need and want - and for this reason we were very pleased with the excellent survey results we received recently. **Carers do feel listened to and we are making a difference in their lives. Please help us continue to provide this valuable service for another 25 years!**

Message from our CEO, Rachael MacLeod

The horizon for carers is one fraught with uncertainty. **As we celebrate 25 years since concerned Sutton residents and committed local and national partners sat around the table with a dream of opening a Carers Centre in Sutton, we are unsure what the future may bring.** What we do know is that our passion and commitment to supporting carers and their families has only grown. This mirrors the dedication and devotion that carers, both children and adult, demonstrate and the growing need for their recognition, respect and support.



Carers and the organisations that support them need to plan for the future. **As caring becomes more complex, and health and social care resources continuing to shrink, carers are faced with increased responsibilities and pressures.** Work, study and other family duties must be juggled, whilst carers pursue the opportunity to live fulfilling and healthy lives alongside their caring roles. Organisations, like ours, need to respond to their needs, developing services and support, as well as campaigning to overcome the inequalities that exist.

And that is what we are doing, and will continue to do. **Our dedication to improving the quality of family and community life in Sutton is undiminished. We eagerly await news, with much hope and not a little consternation, that the long-awaited national Carers Strategy will be published soon;** in the meantime, we will contribute to the development of a local Strategy for carers, as well as a refreshed Strategy for our charity. We know that these will bring partners together with carers, with a fresh focus, and pave the way for new responses and initiatives.

My sincere thanks to what can only be described as an exceptional team of staff and volunteers, including our incredible Board under Sharon's able and sensitive leadership. We feel fortunate to work with the support of many partners and funders, too, and have every confidence that these warm and dynamic relationships will continue into the future. Thank you, too, for the privilege of serving carers and their families these past 10 years. It is humbling to have a job that brings such challenge, fulfilment and joy.

I am delighted to contribute to the Annual Review in this very special year, the 25th anniversary for Sutton Carers Centre. They have always been a leading light within our national network, modelling new approaches, best practices and contributing so positively to the lives of carers of all ages, both nationally and locally. Their approach to support carers practically in their caring roles and through services which also support carers' personal and family wellbeing is something we hugely value, as is their great work with young carers.

Their strong and endearing relationship with London Borough of Sutton, who have supported the charity from its inception and commission them to deliver young carer as well as adult carer services in conjunction with Sutton Clinical Commissioning Group, should also be commended in these times of short-term commissioning relationships which we so often see elsewhere in the country.

Lastly, I do want to mention Rachael MacLeod's work as CEO. Rachael celebrates her 10-year anniversary as CEO of the charity and has been instrumental in helping guide the organisation to where it is today. Sutton Carers Centre is a hugely valued partner of Carers Trust and we look forward to next 25 years.



**Giles Meyer -
CEO, Carers Trust**

Sutton Carers Centre can look back with satisfaction at an outstanding 25 years of providing support to carers, young and old, in the London Borough of Sutton. They have raised the profile of carers' issues and increased awareness of carers' contributions, helping carers gain the recognition and respect they deserve.

Sutton Carers Centre will have helped tens of thousands of people since it opened, providing people with advice, as well as practical and emotional support. It is recognised nationally for the quality and range of services it provides.



**Tom Brake, MP -
Happy birthday! Carshalton and Wallington**

It would be impossible to count how many people, how many carers have been helped and supported by the extraordinary dedication and commitment of the staff and volunteers at the Carers Centre. They have touched so many people's lives, given them financial and emotional support, provided a listening ear and offered practical help and advice.

Sutton Council was a founding and funding partner of the Centre all those years ago. We have always supported and encouraged them and we have watched the organisation grow from a fledging one-stop shop into the mature, successful, well-established, self-governing but still carer-led charity that it is today.

Every time I visit the Centre I learn something new - about the many difficulties that carers face but also their resilience, their determination and the strength of their love for the people they are caring for.

They are an inspiration - but also a key strategic and service delivery partner. As we move towards a greater integration of health and social care, I know that the Carers Centre will work closely with us to achieve our goals. They will continue to challenge us to do better, to ensure that carers' voices are heard loud and clear and to influence all that we do in local government and in the health service.



**Cllr. Ruth Dombey
Leader of the Council**

Thank you to all of Sutton's Carers and congratulations to the Carers Centre on this important milestone.

I would like to congratulate Sutton Carers Centre on their 25th anniversary. This milestone is a great opportunity to recognise and celebrate the work that the charity has done over the years in providing vital support that carers both young and old need, in the London Borough of Sutton.

I am grateful for the valuable contribution made by carers, many of whom spend a significant proportion of their life providing support to family members, friends and neighbours. Carers must receive the right support that they need and Sutton Carers Centre has helped carers by providing advice, information, support groups and emotional support.



**Paul Scully, MP -
Sutton and Cheam**

I look forward to being able to celebrate with you all and at future events in years to come.

Meet our Staff Members



Central Services

Chief Executive and Company Secretary
 Director of Services
 Office Manager
 Information and Communications Officer
Nadia Dhunna (to Sept. 2017)
 Accounting, Payroll & HR Consultant
 Office Cleaner

Rachael MacLeod
Amanda Cummins (to Apr. 2017)
Jessica Appleby
Sarah Dean (From Sept. 2017) &

Yvette How
Eric Nkansah

Adult Carers Services - Information & Advice

Adult Carers Service Manager
 Adult Carers Advice, Information & Support Worker
Nick Fordyce-Brown (from Sept. 2017) job-share & Ravi Sharma (to Dec. 2016)
 Adult Carers Information and Advice Worker (Temporary)
Nazia Ayyaz (from Oct. 2017) & Sarah Dean (Aug. - Sept. 2017)
 Adult Carers Support Worker - Income Maximisation
 Senior Benefits Advisors - seconded from CAS

Karen Page
Corinne Iles (from Jul. 2017),
Gary Beckwith (from Oct. 2017),

Jacque Carey
Maxine Brown & Christine Kawesi

Adult Carers Services - Preventative Support

Adult Carers Service Manager – Support (including Mental Health)
 Senior Support and Development Worker (including Mental Health)
 Carers' Wellbeing Navigator
 Consultant Counselling Supervisor
 Step 2 Coordinator/Psychological Wellbeing Practitioner - Sutton Uplift
 CBT Therapist – Sutton Uplift
 Psychological Wellbeing Practitioner – Sutton Uplift
 Counselling Psychologist – Sutton Uplift

Kelly Silver
Celia Johnson
Caroline Hardwicke
Jason Willis
Katarina Gerocova (to Aug. 2017)
Catarina Duerdan (to Jul. 2017)
Rachel Schofield (from Sept. 2017)
Lee Jones (from Aug. 2017)

Young Carers Services

Young Carers Service Manager
 Senior Support and Development Worker (Education)
 Senior Support and Development Worker – Mental Health Young Carers
 Young Carers Support Worker
Shukri Mohamed (to Jul 2017)
 Young Carers Information and Activities Worker
Sarah Dean (Jul. to Nov.2017) & Corinne Iles (to Jul.2017)
 Young Carers Sessional Worker

Melanie Walles
Shukri Mohamed (from Jul. 2017)
Angelique Thompson (to Jun. 2017)
Valerie Tyndall (from Jul. 2017) &

Nazia Ayyaz (from Nov.2017),

Carole Houghton

Young Carers Service Volunteers

Nazia Ayyaz
Proma Huq
Christine Young

Central Services Volunteers

Jean Sharpington
Christine Young
Gary Beckwith
Lynne Kenny
Proma Huq
Dominic Dennis
Tracey Collins
Sally Gosling
Alf Mathews

Adult Carers Services Volunteers

Advice & Information:

Christine King
Gary Beckwith
Lynne Kenny
Julie Coma
Nazia Ayyaz

Therapists:

Sarah Wallace
Annie Barnes

Adult Carers Support Service Volunteers

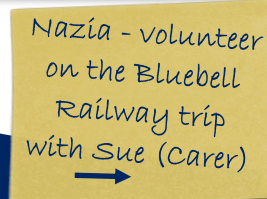
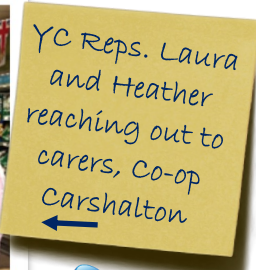
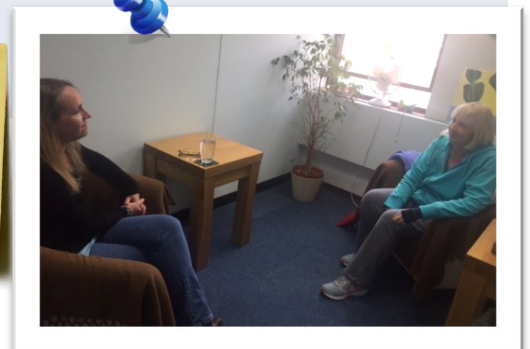
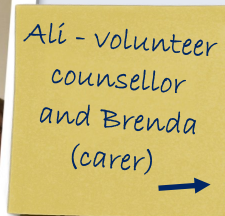
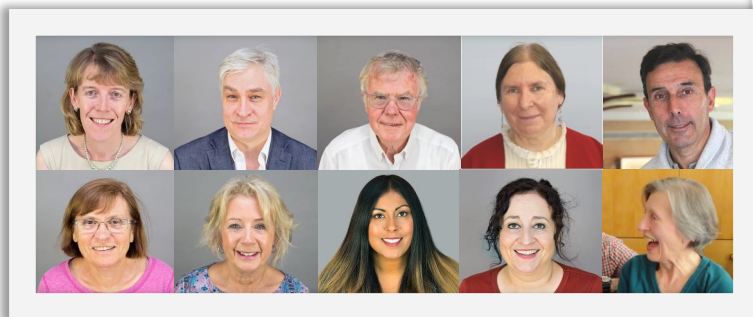
Linda Fisher
Sheila Webster
Jamaal Hattan

Counsellors:

Fiona Gardner
Eileen Kennedy
Alison Pickard
Anna Chess
Naomi Postans



Our 2016-17 Board



Carer Representatives and Leaders

Trustees - Sharon Gallagher, Adrian Gheorghiu, Don Brims, Elaine Drage, Margaret Hobbs, Louise Ellingham, Sarah Samee, Giuliana Rosenow, Ann Smith, Brenda Northover (Adviser), Roger Mills (Adviser), Tim Haigh (Adviser)

Young Carers - Laura Allen, Bethany Smith, Heather Grover, Natalia Polniaszek

Adult Services - Bob England, Susan Ielden, Derrick Copeman, Marilynne Burbage, Margaret Ellis, Ken Fish, Marlene Heron, Jane Knowles, Rachael MacLeod, Veronica Renwick, David Schad, Joyce Smith, Brian Dear, Karen Page, Frank Glass, Mandy Lawson, Nick Nalladorai, Linda Fisher, Win Aldous, Giuliana Rosenow, Peter Alder

Central Services Team



The Central Services team consists of the CEO, Office Manager, Information and Communications Officer and Finance Consultant. **Our sole purpose is to ensure that the organisational teams are equipped to provide the best service possible to carers.** This includes strategic work, always scanning the horizon for new opportunities, quality assurance and ensuring that our work is conducted safely and ethically, with well-supported staff and volunteers, always in line with best practice and our agreed mission and values.

Much work continues to provide a welcoming environment and efficient service to all visitors to the Centre as well as reaching out to carers and partners in the community. With constant ICT updates, continual training, and the dedication of a large team of volunteers, we hope that every contact with carers and colleagues has a positive impact.

With reduced resources, and in order to protect front-line services, the CS team has become smaller, but we hope no less effective. **We look forward to welcoming new staff and volunteers in the coming year, to help us maintain our awards for quality and innovation as well as passionate support to carers and their families.**



Rachael MacLeod
Chief Executive Officer

Christine (volunteer) and Sarah staffing the outreach stall at Wallington Community Wellbeing event



Reception volunteer Sally helping to keep our info boards up to date



Jess reading messages in the 'Complaints and compliments' box
Book and article celebrating Rachael's 10 year anniversary working at SCC



Nadia taking minutes for the last time at Sutton Carers Forum with Ken (carer)
Amanda, Rachael & Paul at 'Make Cares Count' Conference





YC Chill and Learn -
Tiffany, Beth &
Heather

Create Arts Drama
workshop for under
13's



Create Arts
Print Making
Activity -
Hally
decorating
her own hat



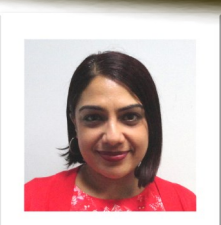
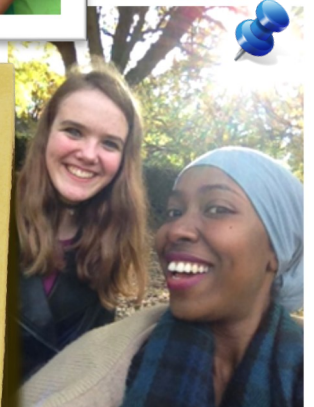
YC Carers Week Party -
Luke and Reece
making crowns

YCs taking part in the
Small Charities Week
campaign - Mariah,
Ricardo, Timeyin



Shukri and Brunwin
looking for naturally
found objects for Create
Arts sculpture workshop

London Mouse Trap
Theatre Project - Over
13's trip to see *Wicked*



Melanie Walles
Young Carers Service Manager

The theme of Horizon has been very apt for us this year, with significant changes in service delivery and staff.

As the year came to an end, we were so proud to have been awarded 3-years funding from BBC Children in Need for a Young Carers Support Worker with a specialist focus on Education. This role delivers specialist training in local schools, enabling them to achieve the Carers Trust Schools Award. This shows that the school is achieving outcomes for Young Carers at strategic levels and not just within the classroom. It also shows that Young Carers are being identified and supported throughout their time at school.

The BBC CiN funding emerged from the learning gained from our 5-year, Big Lottery-funded 'AYCES' project, which came to an in April. Another part of the legacy of the AYCES project is the nationally-recognised Kidstime Family Group, run jointly with Merton Young Carers, where we support families impacted by parental mental illness to improve communication and increase family resilience. Best of all, parents involved have told us that this group is a life line for them.

We continue to take on Social Work Students in order to train them how to identify and support Young Carers in their professional practice. We have also recently taken on a Drama Therapy student to help us meet the therapeutic needs of Young Carers and their families. Despite the many changes over the last year, we have learnt much from what has gone on before and are making way for the exciting opportunities on the horizon.

Adult Services, Information and Advice



Oh my, what a year in the Information & Advice Service at the Centre. We have seen many changes with staff and volunteers, **and with these changes in personnel, they bring fresh ideas, skills and innovative ways of working, shaping the service for the future.**

We are particularly proud of our long-standing partnership with Citizens Advice Sutton which offers benefit checks to carers in the Centre two days per week and two home visits per week. **On the horizon, for the future, we are looking extend this partnership further, both Citizens Advice Sutton and SCC looking to recruit a new team of volunteers to help carers complete benefit forms.** This will grow the income maximisation work we already do with many families in Sutton and perhaps renew an old partnership once held with local Rotary clubs.

Our carers continue to bring a fresh variety of challenges for us in order to help and support them in their caring roles. Carers are increasingly more knowledgeable about benefits and grants, partly due to national publicity, but for some, making ends meet financially is a real struggle. **We continue through the ALPS Partnership (CAS and Age UK Sutton) to deal with complex health and social care issues.** However, on the more light-hearted side, the variety of different queries we get continues to amaze us: from sourcing local honey for natural hay fever remedy, from where to adopt a puppy, to recommendations for the best nail bar in Sutton. All are examples of carers practicing self-care and taking time for themselves.

Karen Page
Adult Carers Service Manager

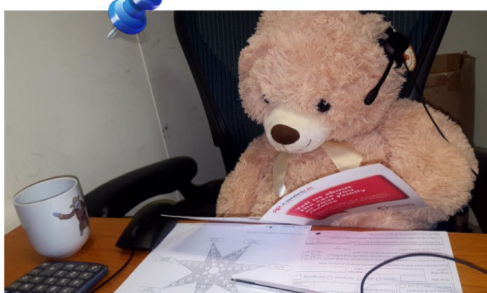


Nandini, from Contact A Family, ran a lively workshop on education issues for parent carers of children who have Special Educational Needs.

Attending Citizens Advice Sutton AGM; great work by our ALPS partner.



Gary (volunteer) providing information and advice support
Coffee Morning carers' trip to Eastbourne



Ted on late-night duty completing a carers outcome star!
Christine (volunteer) at Sainsbury's North Cheam



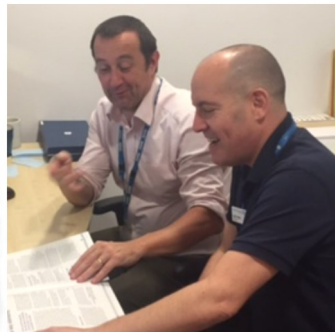


Mental Health Carer Sarah with friends Gaby & Leah doing a sponsored silence ←

Meditation and Relaxation Bluebell Railway Trip, Jilly and Sue →



Andy Plumb, Ward Manager and Alberto Simon, Ward Clerk and Carers' Champion, Ward 3 SWLSTG →



↑ Opening of the Lotus Assessment Suite at SWLSTG with Justin Greening, MP

↑ Meditation and Relaxation Bluebell Railway Trip - Jilly, Siva, Veena, Sue, Margaret, Naren, Ian

Support Service Planning Day - Celia, Kelly and Caroline →



Kelly Silver
Adult Carers Service
Manager – Support (including Mental Health)

There have been many highlights for the Support Service looking back this year, including our partnerships with Don't Tone Alone (which we hope to continue) and Kingston University, which resulted in us receiving a **'highly commended' award for our collaborative work.**

We are particularly proud of our Wellbeing Service; our volunteer-led Counselling Service, partnerships with Sutton Uplift and specialist wellbeing groups & workshops all help to ensure that **we are keeping the mental & emotional health of our carers at the centre of our work.**

Mental health in general has always been an area of particular interest to us – not just the mental health of our carers, but also those carers supporting someone with mental health issues. So this year we start by reflecting back upon the decade-long success of our specialist mental health service, **using the experience we have gained in this time to ensure that mental health carers remain a focus in our work.**

Looking to the horizon, we hope to revive our specialist work in mental health. Having enjoyed a great deal of success in the past through our partnership with SWLStG Mental Health Trust, and our work with carers on the Triangle of Care, together with specialist support such as our Family Skills Workshops, **we are keen to maintain the progress we have made and ensure that the changes brought about by this work have a lasting positive impact on carers across Sutton.**

Our Partnerships

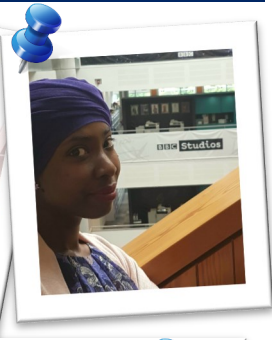
25TH ANNIVERSARY



Caroline and Christine at an outreach event, Partnership with uplift



Mel and Shukri at BBC Children in Need Training day



'Working for Carers' across London! Parliamentary reception and launch, Portcullis House: Lawrence, Robert, Celia, Lyndsey & Sharon



Kidstime sessions in partnership with Merton Carers, providing support to families impacted by Mental Health needs.



YC Parents watching animations made by YCs in partnership with Create Arts
Carshalton Co-op staff James & John looking after our outreach stall and giving out leaflets



Dr Grice & Carers' Lead Sarah welcomed Celia and Christine (Volunteer) to the Old Court House GP Surgery for Carers Rights Day 2016



London Fire CM Cooper with DC Pierce, PCSO King & SCVS' Alison Navarro, Carers' Forum
ASDA's Tracey, YC bread-making workshop



Estimated **21,000** Carers in Sutton with the economic value of their contribution equating to nearly **£400m** a year.

What Adult and Young Carers reported feeling after our support

- better understood
- less isolated
- more confidence
- safer
- better equipped to care
- more socially connected
- healthier mentally and physically
- more respected
- increased self-esteem
- more socially connected
- better able to cope

information

advice

workshops

support groups

training

short-breaks

1-1 and whole-family psychological support

We were in touch with **7749** Carers, more intensely supporting **2700** Young and Adult Carers this year, a **23%** increase, exceeding contractual targets through

More than **£200,000** went into the Sutton economy as a result of benefits and grants we helped Carers gain

Volunteer contributions increased to an estimated value of

£92K

100%

of Carers were satisfied with our service, saying that they would recommend us to their friends and family, with the majority rating the support service as excellent.

Where did we have the most impact?

Improving Carer mental, emotional and financial health, exceeding nationally-benchmarked standards

What Adult & Young Carers' said:

”

I feel uplifted just for having spoken to you – I feel like you have offered me respect and I know what I need to do next. I really appreciate everything that you do here at the Centre.

”

The service gave me peace of mind and took away the financial stress. The wonderful grant that SCC got me enabled me to have my son home from hospital and he has had no seizures since coming home which is wonderful. You fully supported me through the move.

”

The person that we talked to actually listened to us, had time for us, was interested in what we were saying, was not patronising and offered helpful, practical advice.

”

25 years is a fantastic achievement and the organisation is such an invaluable help for so many families over that time. A sincere thank you from one of those families.

”

Sutton Carers has been a great strength to me. ... [I have] had a personal trainer for 5 weeks and I also went on a mindfulness course.

25th Anniversary

25TH
ANNIVERSARY





Fundraising and Donations

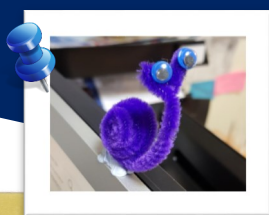
The Trustees' Annual Report, including the Financial Statements, are available from the Centre upon request, or can be downloaded in due course from the Charity Commission website: www.charity-commission.gov.uk.

We are grateful for the additional donations and support from individuals and groups throughout the year:

Carers Trust, Carers Support Merton, Riverside Community Association, St Mark's Family Centre, Sutton Nursing Association, Sponsors of M Lunn, M Hobbs and S Samee for the Carers Thames Walk 2017, Sponsors of Don's sponsored 10k run, Sponsors of Don and Judith's 'Big Breakfast', Sponsors of S Samee 'Day of Silence', Sponsors of T Jacques Half Marathon 2017, Sponsors of Laura's Race for Life, Friends of Sutton Carers Centre, Donations made In Memory Of B Stevens and M Whiting, St John's Church Belmont, Inner Wheel Club of Banstead, The Moving on Group, Coffee Morning Group, Relaxation and Meditation group, Yoga and massage volunteers, Cheam Rotary Club, Carshalton Rotary Club, Sutton Carers Forum, Counsellor Mary Burstow, Wallington United Reformed Church, Waitrose Sutton, Asda Sutton, Overton Grange School, Devonshire Primary School, Mayor of Sutton Charity Fund, Surrey Community Foundation, Colleagues at the Salvation Army, Imagine Independence, Age UK Sutton, SWLStG for partnership working in Wellbeing Hub, and all the Navigators, Citizen's Advice Sutton, Sutton Centre for the Voluntary Sector, Alzheimer's Society Sutton, Sutton Together Consortium, Carers Action Groups, Dementia UK & Admiral Nurse Service, London Borough of Sutton Community Social Work Team, Don't Tone Alone, Novus Carers Centre Consortium and Co-operative Food Wallington, Carshalton and Carshalton Beeches.

Thank you to the families of Daphne Wakelen for their legacy, which will be put to such good use.

Thank you to the many people, often wishing to remain anonymous, who kindly make financial or goods donations to the organisation. This may be in appreciation for services received, to enable others to access our support, or as a way of remembering a loved one who has passed. We 'gift aid' every donation possible.



Bonnie and Celia kindly raised awareness and funds for Young Carers at their school fair selling beautiful pipe cleaner creations (above)



Donation presented by Nicola, Joe and Sarah Waitrose Worcester Park

Shaking buckets at St Helier Festival



In her own time, Tracey ran The Royal Parks Half to raise money for Sutton Carers



The Mayor of Sutton Charity GALA Dinner, with Silent Auction and raffle prize, 3 Course meal donated by The Grange

Yet again, Martin is our champion fundraiser for carers through sponsored walks



Sarah with her 'girl squad' doing the Carers London Thames Walk

Mel, Jess, Heather (Young Carer), Caroline and Sarah accepting the Asda Foundation cheque (and more!) from Tracey at Asda



STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st March 2017

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2017	Total Funds 2016
		£	£	£	£
Income from:					
Donations and Legacies	2	22,906	-	22,906	60,104
Charitable activities	3	403,154	132,411	535,565	499,669
Investments	4	442	-	442	260
Other		589	-	589	324
Total		427,091	132,411	559,502	560,357
Expenditure on:					
Raising funds	5	9,090	-	9,090	2,056
Charitable Activities	6	434,447	114,020	548,467	545,673
Total		443,537	114,020	557,557	547,729
Net income/(expenditure)	10	(16,446)	18,391	1,945	12,628
Transfers between funds		(40)	40	-	-
Net movement in funds		(16,486)	18,431	1,945	12,628
Total funds brought forward		134,937	15,983	150,920	138,292
Total funds carried forward		118,451	34,414	152,865	150,920

Summary SOFA for the year ended 31st March 2017 (subject to audit)

2016/17 ended with a modest surplus of £1,945, made up of a deficit in unrestricted reserves of £16,486 and a surplus in restricted funds of £18,431. Income for the year has remained balanced in 2016/17, £559,502 vs £560,357 (2015/16). Expenditure on services and support to carers has increased in 2016/17, £557,557 vs £547,729. This was due to an increased demand for services. This was achieved in a very difficult financial environment, and overall is an excellent achievement.

The Reserves Policy, as set by the Trustees, is to have reserves equal to a minimum of 3 months' budgeted expenditure for the following year. With the 2017/18 budget at £551,663, 3 months' reserves = £137,916. At £118,451, we are £19,465 (c14%) below this target.

OUR VISION

The Vision of Sutton Carers Centre is of communities in which every Carer is recognised and respected as an individual and can get the support they need and assurance that they are not alone.

MISSION STATEMENT

The mission of Sutton Carers Centre is to support Carers (and their families) to improve their health, wellbeing and quality of life by:

- Reaching out to every Carer in the London Borough of Sutton
- Helping each Carer to understand their rights and get their voice heard
- Working with and for each Carer, respecting and responding to their individual skills, experience and choices

OUR VALUES

- Respect: for Carers and their individual views and skills, for staff and volunteers and for those with whom we work in partnership
- Sensitivity: valuing difference and contributions from all, working together as a creative, harmonious team
- Delivery: committed to quality support and making change happen in a planned professional and appropriate manner

TRUSTEES / DIRECTORS

Acting Chair: Sharon Gallagher (From Nov 2016), Elaine Drage (Chair to Nov 2016)

Vice Chair: Adrian Gheorghiu

Treasurer: Don Brims

Margaret Hobbs, Louise Ellingham, Giuliana Rosenow, Sarah Samee, Ann Smith (to Nov 2016), Brenda Northover (Adviser), Roger Mills (Adviser to Nov 2016), Tim Haigh (Adviser from Nov16).

THANK YOU

With thanks to staff and volunteers who have left during this year: Amanda Cummins, Angelique Thompson, Nadia Dhunna, Ravi Sharma, Elaine Drage, Ann Smith, Brenda Northover, Roger Mills, Annie Barnes, Lucy Oliver, Julie Coma, Katarina Gerocova, Catarina Duerdan.

SPECIAL THANKS TO THE FOLLOWING FUNDERS AND PARTNERS

London Borough of Sutton, Sutton Clinical Commissioning Group, South West London St. George's Mental Health Trust, Carers Trust, Big Lottery Fund, Lloyds Bank Foundation, BBC Children in Need and the many other voluntary and community organisations whose partnerships and support we value.

**Sutton Carers Centre is a Company Limited by Guarantee with Charitable Status.
Registered in England, Company Number 3353573 and Charity Number 1062302.**

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Document designed by Sarah Dean

