

MARCH 2022

AGES 8-13

# SUTTON YOUNG CARERS NEWS



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

## YOUNG CARERS ACTION DAY MARCH 16TH

Wednesday March 16th is Young Carers Action Day 2022. This year's theme is '*Taking Action on Isolation*'. After some consultation with our Young and Young Adult Carers, here is what's happening at Sutton Carers Centre to mark the occasion:

Our Young Carer Ambassadors will be launching a digital resource! They have been writing, drawing and collecting stories that capture the impact of isolation on Young Carers. For the past few weeks they have been working hard to have this piece ready to launch on the 16th. Keep an eye out for the release of this resource!

Young Carers also wanted to make sure that they were taking action on isolation themselves.

So, they have developed a playlist for those moments when you want to pop in your earphones and block out the world. We will share this collection of music on Young Carers Action Day. Why not send us your favourite 'solitude tune'?

The week of Young Carers Action Day at our Monday 'Chill and Learn' session and our Tuesday 'Passport' session, we will be exploring the theme of isolation and in particular what 'Taking Action on Isolation' looks like. We will also think about solitude and the benefits of isolation. And of course we will celebrate and listen to our Young Carer playlist!

# WELLBEING CORNER

## GRATITUDE JAR

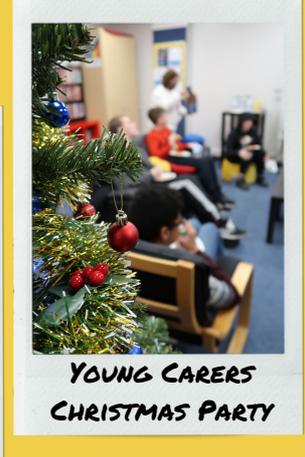
"Even in the chaos of everyday life, moments of gratitude remind us to hold onto the good things" [Brit Morin].

What are you grateful for today? Think of people, events, things, groups, objects that you appreciate in your life - anything is correct! Write or draw them in the jar below.

**TIP:** Why not find a real jar and every time something happens that you are grateful for, write it down on a piece of paper and keep it in the jar! Or what about making someone's day and writing to someone you mention and telling them why you are grateful for them?



# WINTER HIGHLIGHTS



# ACTIVITIES UPDATE

**PASSPORT**  
Tuesdays  
4-5.30pm  
Term-time  
Ages 9-11

**Chill & Learn**  
Mondays, 4-5.30pm

**Disney and  
Dessert**  
May 20th  
4.30pm  
Ages 12-16

**PEER SUPPORT**  
AGES 12-14  
WEDNESDAYS,  
MONTHLY  
4-5.30PM

**YOUNG CARER  
AMBASSADORS**  
THURSDAYS

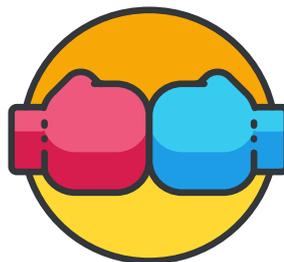
**CREATE**  
Easter Holidays  
Activity  
5th, 6th, 7th April  
Ages 8-11

TO BOOK OR LEARN MORE ABOUT ANY OF THE ABOVE, PLEASE CONTACT [ANNA@SUTTONCARERSCENTRE.ORG](mailto:ANNA@SUTTONCARERSCENTRE.ORG).

## YC OPEN EVENING

March 31st

Haven't been to Sutton Carers Centre yet? Come have a look around, eat and meet the staff and some of our ambassadors. Contact Anna on 07787063340 for more information.



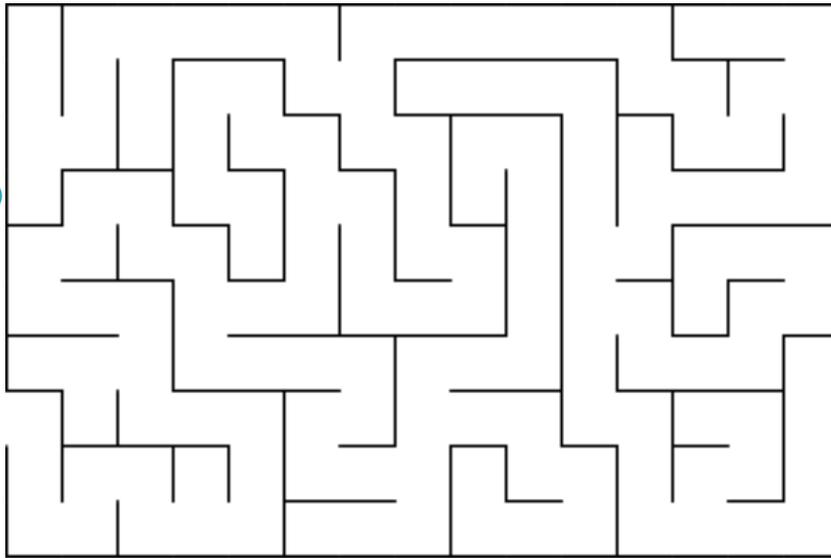
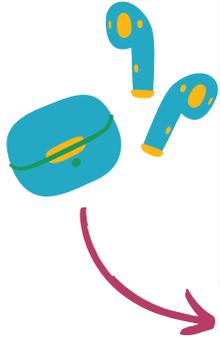
Visit [mindfulpeakperformance.com](http://mindfulpeakperformance.com) to learn more about free mindfulness boxing for Young Carers.



# FUN & GAMES

Can you help the earphones find the ear? Don't get lost!

Remember to check out our Young Carers Playlist on Young Carers Action Day!



## COVID UPDATE!

Please scan the QR code to find the most up-to-date COVID-19 information as it relates to Carers and your age group. And don't forget that if you are a Young Carer aged 12 and over and you are yet to receive your COVID-19 vaccination, you can get it at the St Nicholas Shopping Centre, Sutton.



## SCC CONTACTS & LINKS



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

