

NEWS

# SYC

SUTTON YOUNG CARERS

THE VOICES & VIBRATIONS OF OUR YC's

APRIL 2023

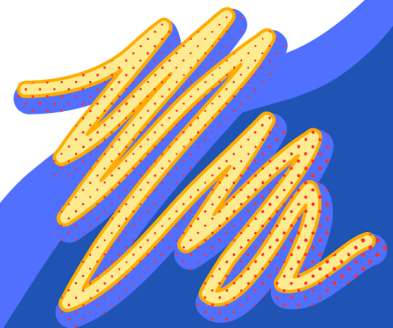


## YOUNG CARER ACHIEVEMENTS

Madam Mayor, Cllr. Trish Fivey, hosted a Young Carers Action Day reception with lunch for our local Young Carers. We were all very excited as this was the first time Young Carers had their own event hosted by The Mayor of Sutton. Young Carers and the Young Carers leads from local schools - **Harris Academy Sutton, Overton Grange High School, Harris Academy Carshalton and Muschamp Primary School** - all attended the reception in the Mayor's Parlour. Hope you spotted the YCAD banner outside the Civic Offices, too!

The Young Carers Service and *Create Arts* ran a series of financial literacy and animation workshops. We took part in a range of activities and games exploring the topics of money management. We completed the workshops by making two animations, one about borrowing and another about budgeting, and showcased our work for family and friends. These amazing animations can be seen on the Sutton Carers Centre YC Instagram.

If you would like the Young Carers Service to work with your school to raise awareness of Young Carers, please give us their details

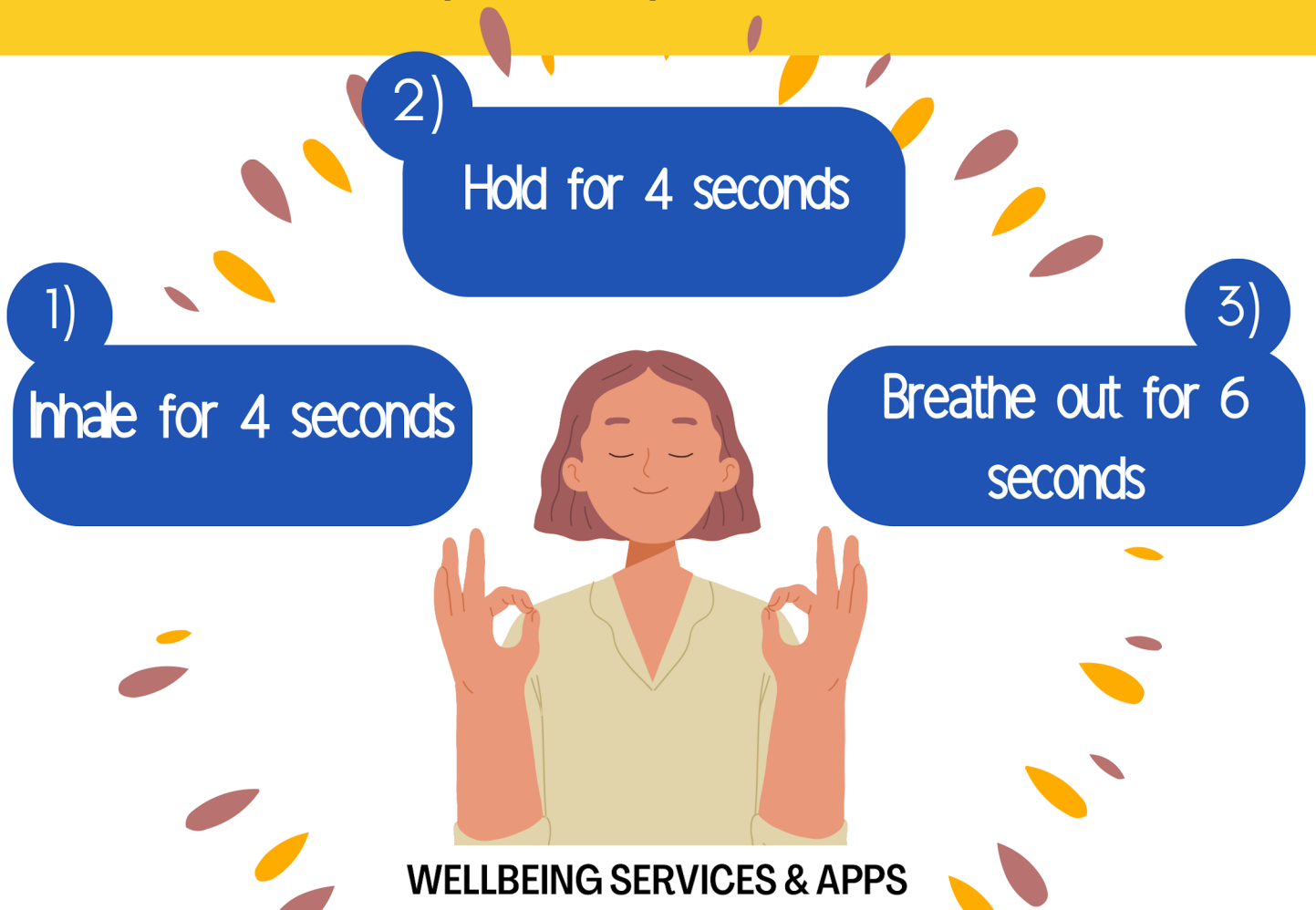


# WELLBEING CORNER

'Deep Breathing' is a tool that can be used if you are feeling worried, nervous, anxious or overwhelmed.

It is best to practise this regularly so that you can easily use it if you are feeling this way in the future.

You can repeat this up to 10 times or more!



**shout**  
85258  
here for you 24/7

**YOUNGMINDS**  
fighting for young people's mental health

"It's alright to ask for help"

**SAMARITANS**  
116 123

**FRANK**  
0800 77 66 00 talktofrank.com

**Sutton Uplift**  
Mental Health and Wellbeing Service

**ChildLine**  
0800 1111

TALK TO US  
**OFF THE RECORD**

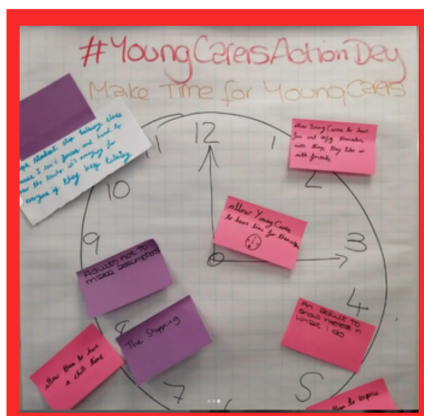
**HEADSPACE**  
TREAT YOUR HEAD RIGHT

**keoth** **NHS**

# ACTIVITIES UPDATE

## SPRING HIGHLIGHTS

The Young Carers Service hosted a 'Pizza & Pop' party for **Young Carers Action Day**. We had games prepared and icebreakers to keep the atmosphere entertaining, but were pleasantly surprised by the interaction amongst everyone. We began the session by introducing ourselves, with a **Young Carer Ambassador** taking a natural lead by sharing the challenges she had overcome. This level of transparency ushered in a warm and comfortable environment that was immediately present within the room. As we went round the room and bellies were full with pizza, you could feel the genuine comradery.



### #MAKETIMEFORYOUNGCARERS

To close 'Pizza & Pop', we asked our YC's to place a post-it note on the YCAD Clock. Below are some of your suggestions:

- allow YC's to have fun and enjoy themselves with things they like or with friends
- adults to show interest in what we do
- adults not making assumptions
- allow YC's chill time
- allow YC's to express themselves



# WARM WELCOMES

Hey it's me - Julia Kerr, Sutton Young Carers Service Manager. I am so excited to let you know that we have new members of staff who have joined Sutton Young Carers Service.

I shall let them introduce themselves.

We are looking forward to welcoming you into Sutton Carers Centre and are currently planning activities for you to attend. It is really important that you let us know what you would like and we would love to hear from you. Please scan the QR code below to let us know what activities you would like to attend.



Hello Young Carers,

I would like to introduce myself, I am Sharlene, and I am the new **Young Carers in Education Senior Support and Development worker** (long-winded I know - it basically means that I am here to help). I enjoy the sound of laughter/fun, I love most sports. I am a movie fan, and yes, I still love Disney films.

I look forward to meeting you all in the future. You will see me around your schools and on Mondays after school at 'Chill & Learn' sessions at Sutton Carers Centre. Come and join me... It would be lovely to see you.

I have previously worked in three schools, totalling more than fifteen years and have experience of working with Young Carers.

Coming from being a Young Carer, then going on to becoming an Adult Carer has allowed me to have a personal understanding of the every day challenges that we all face. The truth is, I did not even realise that I was a Young Carer when I was young. I wish that my school had noticed. This is why I am here now, in this role, so I can assist schools in understanding the challenges and positives Young Carers face.

Sharlene

Dear Young Carers,

My name is Marcel, the new **Young Carers Engagement & Support Worker** for Sutton Carers Centre.

I am responsible for engaging with our YC's, from organising events which support Young Carers' needs to designing content to inform and entertain. I'd

like to share that during my time in education I myself was a YC, but to my surprise I wasn't even aware until I started working at Sutton Carers Centre. I spent most of my time misunderstood, however, because of this, I understand first-hand how it feels. I am a passionate nerd who designs/illustrates freelance, I love anime, making music and supporting young people and naturally that means Young Carers. I look forward to meeting you soon!

Marcel



**Young Carers Service**  
**Sutton Carers Centre**  
1st Floor Benhill House, 12-14 Benhill Avenue  
Sutton | Surrey | SM1 4DA  
Tel: 020 8296 5611  
[www.suttoncarerscentre.org](http://www.suttoncarerscentre.org)  
[www.carers.org/sutton](http://www.carers.org/sutton)

**Please contact us  
or see our website  
for further  
information.**



SCAN ME!



### **We'd love you to join us!**

If you need support to join online groups, give us a call so we can try to help. Otherwise, please RSVP where requested or just come along to SCC for *blended* or *in-person* sessions.

#### **Carer Relaxation Group** (Facilitator - Naomi)

**In person every Monday 10.30-12.30pm**

Join our weekly session for relaxation techniques, followed by tea and a chat.

In person every Monday 10:30pm-12:30pm

#### **Dementia Carers Peer Support** (Facilitator - Naomi)

Join other Dementia Carers for talk & support.

**Every Tuesday**

**Online:** 11-12pm: April 4th & 11th

**in person:** 11-12pm: 18th

**Online:** 6:30- 7:30pm: 25th

#### **Carers Connect Social Group** (Facilitator - Nick)

**Every Thursday 11-12pm** - Take a break to socialise with other Carers in an informal space. Weekly sessions run alternately online and in person at Sutton Carers Centre. Specials are blended so you can attend in person or online!

**In person:** April 6th

**Online:** 27th (please note there is no session on the 13th)

**Wellbeing Special:** 20th (online and in person)

#### **Debt & Cost of Living Drop-In** (Facilitator - Nick)

**Every Friday 10am-1pm**

For debt, benefit, employment, consumer, pension advice or energy issues. If you can't make it, let us know and our CAS Debt advisor will give you a call!

#### **Monthly Saturday Information & Advice**

Open for phone and email support. Remember, we're also open on Tuesdays until 8pm!

**Phone only 11-1pm:** April 15th

## **18+ GROUPS & ACTIVITIES**

#### **Parent Carer Peer Support** (Facilitator - Corinne)

We offer three groups each month (term-time only) to give and receive support, share information, experiences and gain advice.

**1st Wednesday of each month 10-11:30am** - For Parent Carers of older teenagers/young adults who have extra needs

In person: May 3rd (no April group due to Easter hols)

**3rd Wednesday of each month 10-11:30am** - for Parent Carers of children who have ADHD/autism/other extra needs

**in person:** April 19th, May 17th

#### **Moving-on Group** (Facilitator - Karen)

Join our Moving-on Group of ex- or former Carers and make new friends and socialise.

**In person 1.30-3pm:** April 18th, May 16th

#### **Mental Health Carers Support Group**

(Facilitator - Naomi)

Meet monthly with other Carers supporting a friend or family member who is experiencing a mental health condition.

**Blended (online and in-person) 12.30-2.30pm:**

Wednesday 12:30-2:30pm: April 19th & May 17th

#### **Carers Learning Disabilities Support Group**

(Facilitator - Karen)

Meet bi-monthly with other Carers of adults who have learning disabilities.

**In person 10.30-12.30pm:** Tuesday January 10th

#### **Complex Needs Peer Support Group**

(Facilitator - Naomi)

This group runs every six weeks for adult Carers of adults who have a diagnosis of personality disorder, jointly facilitated between Carers Support Merton and SCC.

**Online 6-8pm:** Tuesday 6-8 on May 9th