



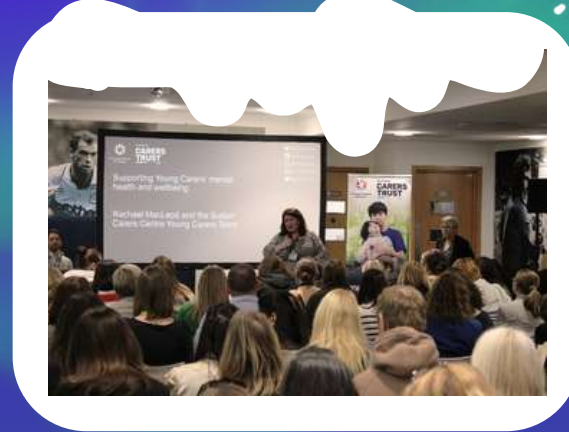
SYC

SUTTON YOUNG CARERS

A Network Partner of
CARERS TRUST



DECEMBER 2023



YOUNG CARER ACHIEVEMENTS

Rachael MacLeod (CEO) and the Young Carers Service went north to Manchester for the first ever Young Carers Futures Conference. The team set out on Sunday, meeting up at Euston and, faced with cancellations and delays, barely making it onto the train to be squeezed against urinals and exits! Nevertheless, spirits were kept high; everyone was keen to learn and participate in the Conference the following day.

The Young Carers Service, composed of **Julia** (YC Service Manager), **Sharlene** (SYCIE), **Vicky** (Initial Contact Worker) and **Marcel** (YC Engagement and Support Worker), delivered an enthralling presentation around the topic of '**Mental Health on Young Carers**'. Each team member showcased their own Young Carers story uniquely to express the importance of how the work and interventions they run now impact and nurture Young Carers' mental wellbeing.

Between critical speakers of the likes of **Professor Saul Becker** and **Dame Rachel de Souza** and powerful insight from **Youth Advisors**, the experience left the team refreshed and energised to continue to fulfil the needs of our Young Carers.



SCAN ME to visit our website!



www.suttoncarerscentre.org

WINTER HIGHLIGHTS

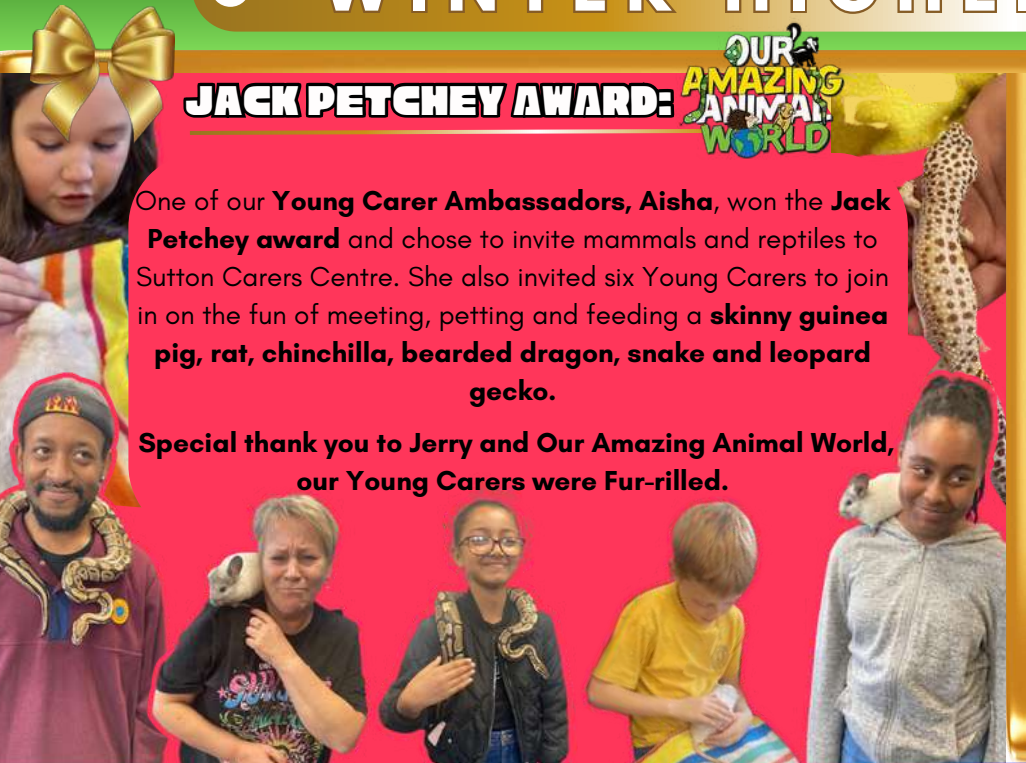


JACK PETCHEY AWARD:



One of our **Young Carer Ambassadors, Aisha**, won the **Jack Petchey award** and chose to invite mammals and reptiles to Sutton Carers Centre. She also invited six Young Carers to join in on the fun of meeting, petting and feeding a **skinny guinea pig, rat, chinchilla, bearded dragon, snake and leopard gecko**.

Special thank you to Jerry and Our Amazing Animal World, our Young Carers were Fur-rilled.



SPOOKY SETTINGS!

in Disney & Desserts celebrating Halloween by munching treats and watching **"The Nightmare before Christmas"**.



GO LIVE Theatre Projects Workshop



During the October Half Term, The Young Carers Service and **Go Live Theatre projects** ran a 3-day Drama workshop with six Young Carers. Tash, the Go Live Practitioner, and Aisling, the Assistant, guided The YCs through numerous performing art activities such as **'1, 2, 3 WAH!'** and **'Six Square'**. Marcel the Support Worker losing every first round filled the room with laughter, whilst the exercises helped to keep the YCs on their toes and nurtured their creative headspace.

After partaking in a poetry exercise and choosing random words out of a hat, we were ready to smush all of our ideas together to make a side-splitting gameshow performance that strived to find the meaning of life.

SCAN ME TO WATCH:



GO LIVE Theatre - Wicked Trip



"Wicked" at the Victoria Apollo on November 9th was pure magic. The music had a Young Carer belting out "Popular" in infectious delight. Elphaba defying gravity was a visual feast for the eyes—a jaw-dropping spectacle. The soundtrack was a symphony for the ears, and the unexpected nod to young carers in Elphaba's role added a touch of inspiration. The costumes? Phenomenal. In a nutshell, a wickedly good time that left us singing, soaring, and surprisingly connected.

ACTIVITIES UPDATE

PEER SUPPORT

8-13 - 7th February 2024

14+ - 24th January 2024

18-25 - 1st February 2024

CHILL N' LEARN HOMEWORK CLUB

15th January 2024

Mondays (Runs term-time only) Ages: 8-18

3:30 pm - 5:00 pm

DISNEY & DESSERTS

Thursday 15th February 2024

Ages: 8-14

Runs during school holidays
12:30 pm - 2:30 pm



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



ANIME ANTICS

Thursday 15th February 2024

Ages: 12-18

Runs during school holidays

3:30 pm - 5:00 pm



CREATE 20 YEARS OF SPARKING CREATIVITY

Change:matters - music

Ages: 14-18

12th, 13th, 14th February

2024

Book now to be added to the waiting list!

YC AMBASSADORS

24th January

Runs Every Last Thursday of the month

4:00 pm - 5:30 pm

YOUNGCARERS @ SUTTONCARERSCENTRE.ORG

EXCITING ANNOUNCEMENTS

London Youth
QUALITY MARK
BRONZE ACCREDITED
2021-24

We are thrilled to announce that the prestigious **London Youth Bronze Quality Mark** has honoured Sutton Young Carers Service!

This remarkable achievement is a testament to **over 30 years of unwavering dedication to supporting unpaid Carers**. Our commitment to Young Carers is now being recognised on a whole new level.

The London Quality Mark, London Youth's flagship Quality Assurance program, has given us a badge of excellence that's not just a symbol – **it's a mark of recognition by local authorities and funders!**

SUTTON YOUTH SUMMIT

Sutton Volunteer Centre hosted a Sutton Youth Summit on 16th November.

The Young Carers service attended, and it was so lovely to mingle with so many familiar faces in Young Carers who had engaged previously and to meet new Young Carers and young people who were eager to learn about what the Young Carers service does and what they themselves can do to help Young carers.





WELLBEING CORNER

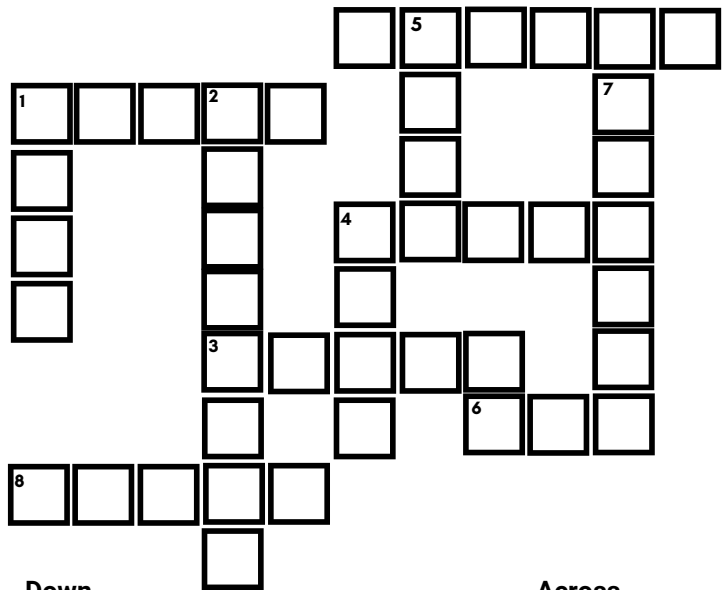
Can you find the words hidden in the puzzle?

Can you solve this crossword?



Words

- Snowflakes | Festive | Freezing | Winter
- Hot Coco | New Year | Mittens | December
- Decorations | Chill | Frozen | Snowman



Down

- 1. fluffy stuff in winter
- 2. Santa's sleigh pullers
- 4. fly down snowy hills on this
- 5. frozen rain drops
- 7. headset for warmth
- 8. not you, or I but ".."

Across

- 1. keeps your neck warm
- 3. at night, we sometimes "....."
- 4. light sleep or doze
- 5. shake while cold
- 6. Santa's little helpers
- 8. keeps you warm in bed

PLOT TWIST - SYCOMICS



Written and Illustrated by Sarah Hewitt

THIS MONTHS SYCOMIC IS CALLED "MAGIC CHAOS" AND HAS BEEN WRITTEN AND ILLUSTRATED BY SARAH ONE OF OUR YC AMBASSADORS. IT IS A 16 PAGE MANGA INSPIRED BY "BUNGOU STRAY DOGS" & INKED BY MARCEL



PLEASE SCAN THE QR CODE TO READ THE MANGA ONLINE AND FEEL FREE TO EMAIL ME AND SHARE WHAT YOU THOUGHT!