

Cool News

NEWS FOR YOUNG CARERS IN SUTTON



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

Join us for a Chill & Learn Christmas Special!!

2020 has been a tough year for everyone, which is why we shouldn't pass up any opportunity to celebrate and let our hair down. As we won't be able to host the famous Christmas Party this year, we have organised a Chill and Learn Christmas Special, which is open to all of our Young Carers who wish to join!

On Monday **December 14th at 4pm** we will be joined by Andy Copps, a professional storyteller who will show you the magic of storytelling, online via Zoom. He will show you how much fun it can be to use your imagination and share stories around the virtual campfire. Andy will share some top tips and tricks on how to work with puppets and participants will also get to make their own! Andy will leave you wanting to use your imagination, to create and share your stories.

[Get in touch to book your place!](#)



Dear Young Carers and families

It is with great sadness (and also a little excitement) that after nearly 7 years in the Young Carers Service, I have decided to move on. I have watched so many of you grow over the years, moving from primary to secondary school, or secondary school to college. Some of you are even at university or working now! Watching you grow and learn about yourself and the life around you has been an absolute privilege but I feel that now is the time for me also to spread my wings and learn something new! It's a time for me to take all the knowledge and insight that you have given me to help other children who are facing different challenges. From January, I will be working with children who are receiving treatment for Cancer, supporting them and their families. It's going to be tough at times, but I will apply everything I have learnt from you and your families and hopefully I will make a positive difference.

To all those Young Carers I have directly supported over the years - thank you for trusting me with your challenges, worries and deepest fears. I hope you have learnt that being brave and talking about them, doesn't always make them go away but can make them easier to carry. Your openness about the challenges you faced in school resulted in us developing our Schools Project and we now have so many schools in Sutton committed to supporting Young Carers. So, I might be moving on, but the Young Carers Service is still here and remains a listening service first and foremost. Continue to tell them what you need and how you need it, and together with the wonderful Young Carers Team, you will continue to make incredible change, not just for you but for all Young Carers in Sutton and across the country!

I'll stay in touch and look forward to hearing how you are all doing.

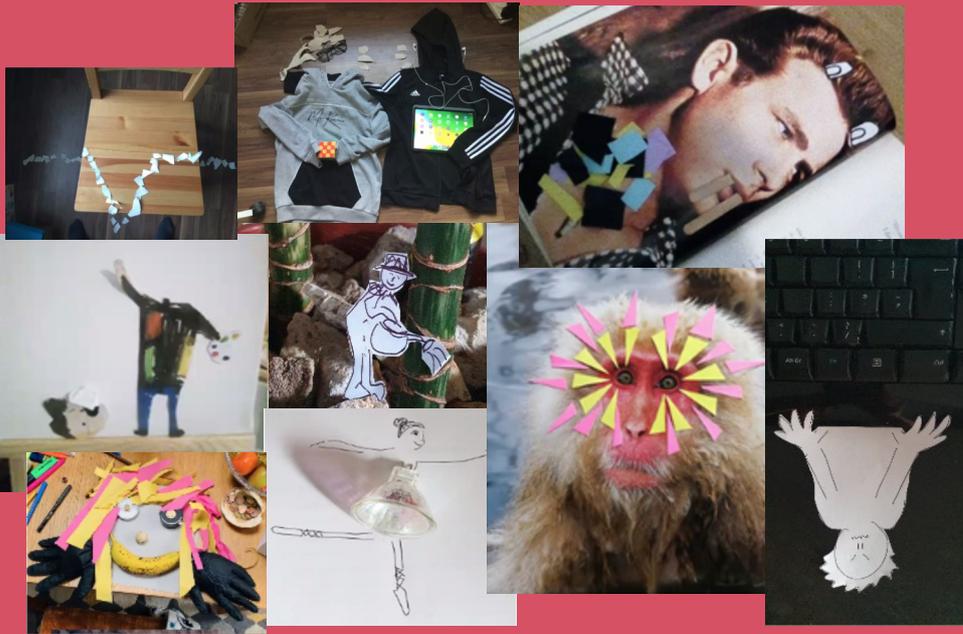
Love, Mel x



GOODBYE MEL!!

ACTIVITIES UPDATE!

IMAGINE
MAKE
CREATE



This October half-term we worked once again with the incredible *CREATE LIVE!* on a 'Sculpt and Create' course! We had three fun filled days constructing, designing and drawing with objects from around the house. Over ZOOM, we played games and got creative. Whether it was designing characters and putting them in scenarios, exploring depth and shapes or telling stories through images, we had an amazing time! Take a look at just some of the wonderful artwork produced by our Young Carers who attended.

We work with *Create* on many workshops during the school holidays—keep an eye out for our next one!

FEBRUARY HALF TERM

This coming February half-term we will be working with *Mousetrap*; a West End theatre company that provides fun and engaging theatre based workshops for young people and Young Carers in particular. This course will focus on FUN, playing drama games and working on a project to show on the last day, to keep and be proud of. This course is for Young Carers aged 8-15 (two groups), if you have a particular interest, let us know! We have worked with *Mousetrap* in the past and have made some really incredible memories. We are delighted to have them back! So, if you are interested please see the booking form, the SCC app or contact us for more info!



CHILL & LEARN (Mon 4pm)

Join us on a Monday afternoon where we sit back, relax and learn something new! Every week there's forty five minutes of fun and exciting activities planned, sometimes we draw, do a quiz or learn about a new topic!

SIBLING SUPPORT

The aim of these sessions is to offer a fun, safe space where young Sibling Carers (aged between 9-11) can express themselves, interact socially, share and explore experiences through discussion, art, games and play.

Peer Support (14+)

Peer Support provides a space to connect with your peers who also take on caring responsibilities. We were lucky enough to have a "Your Life in Higher Education" workshop with HSBC this October. They gave us the low down on student finance, building a budget and how to make your money go further while at University. We had a Mental Health and Wellbeing workshop which was collaborative and we discussed the implications of COVID-19 and lockdown on our wellbeing. Contact us to book or for more info! Peer Support is running on ZOOM every second Wednesday (see booking form for upcoming dates).

MENTAL HEALTH & WELLBEING WORKSHOPS

As part of Peer Support, and Chill & Learn, we had a wonderful workshop run by *The Children's Society* in partnership with *Barnardos* focusing on Mental Health and Wellbeing.

The interactive session content covered mental health, wellbeing, coping with stress, COVID-19 impacts and signposting to useful websites and apps.

We discussed the impact of COVID-19 on our daily wellbeing and how we can counteract the struggles that come with it. We took a quiz, we shared and we listened!

Think about your wellbeing bucket! What stresses go in and what small actions help you deal with the stress?



The
Children's
Society

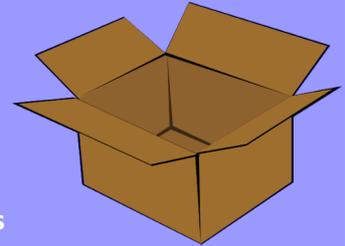
WELLBEING CORNER

Our second lockdown period is in full swing, and although schools, colleges and universities are still open, a lot of familiar places are closed once more. This might lead to feelings of worry and anxiety, but there are still things we can do to look after our mental health and each other in these challenging times.

Taking daily exercise and enjoying fresh air is a great way to notice the world around us, and stimulate our senses. A walk and a chat with family or a friend can really lift our mood and remind us that we are not alone.

However, if staying cosy indoors is more appealing, perhaps try this crafty idea to be curious about your mental health and what may support it:

Happiness Box – using an old shoe-box, be as creative as you like in decorating and filling it with all things that make you happy.



Try putting items in that engage all of your 5 senses. For example:

Sight – photos of loved ones, past and present. Don't forget pets too! They often bring us so much joy and comfort. A favourite book, or picture, a postcard of a favourite holiday, the list is endless. Find things for you that you enjoy seeing.

Taste – what favourite foods bring you joy? A bar of chocolate definitely belongs in my happiness box. Be wary of adding candy floss – delicious but very sticky!!

Touch – is there a fabric that you find particularly soothing? Or an old blanket you perhaps had as a younger child? Items like this can remind us of our younger selves and what soothed us then can still soothe us now.

Smell – what smells bring you joy? Perhaps, there is a particular fragrance that a loved one wears which instantly reminds you of that person, or happy times spent with that person? Also, scents like lavender or mint can calm a busy mind.

Sound – what's your favourite music? Who's your favourite musical artist? You could listen to favourite sounds whilst creating your box. Music often has the power to transport us to another time, another memory and evoke emotion.

Building your box may lead to happy memories being re-discovered, and a reminder that all things change and unhappy feelings are temporary too. If you enjoyed making your box, have a go creating one for a friend or a family member as a thoughtful gift. It could be an early Christmas present or simply lets them know you are thinking of them.

I hope you enjoy creating your own Happiness Box, please share with us what you decided to put in yours!

Esme

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Further resources and ideas to support mental health can be found at:

Childline: www.childline.org.uk

Every Mind Matters: www.nhs.uk

Headspace: www.headspace.com

Young Minds: www.youngminds.org.uk

Sutton Uplift: www.suttonuplift.co.uk



HELPFUL WELLBEING APPS



Kidstime

A safe, protected space where families can meet, share their experiences and learn how to communicate about mental health illnesses together whilst having fun. These sessions aim to help families develop positive and supportive relationships with each other.

These sessions are for Young Carers (any age) who may be caring for a parent with a mental health challenge. The group is for the whole family, and is a multi-family workshop. Contact us to find out more!

Hello Everyone!

I'm Anna, the newest member of the Young Carers Team! Some of you may have met me already as I popped into one of your ZOOM groups. I am the new Activities, Engagement and Participation Worker, ready to help bring you exciting and enjoyable projects and activities in the future. For the last few years I have worked with young people creating and delivering projects and programmes, usually in the arts. I am so delighted to be joining Sutton Carers Centre and to meet all of you!

It's so important to me to hear from as many Young Carers as possible to know what groups you're enjoying, what has helped and what you want to see. So please if you have any ideas, hopes for the new year or just want to say hi, don't hesitate to email me at :

anna@suttoncarerscentre.org

Anna x



Are you a member of The National Autistic Society?

They are once again hosting their annual Christmas Party. See below for details!

NAS Sutton Kids Christmas Party
Saturday 5th December 2020
4pm On Line

National Autistic Society Sutton has hosted a fun-filled Christmas party for the last few years. This year is no exception, except in line with ongoing restrictions we'll be going online!

Join fantastic children's entertainer and magician, Andy Green, for an online kids party. To help you celebrate in style, we will provide each family with their own "Party Pack", which will include party food and party decorations, and each child will receive their own gift from Father Christmas! Book your tickets now for what promises to be a lovely start to the festive season for your kids! £3 PER CHILD

https://www.ticketsource.co.uk/nas_sutton/nas-sutton-annual-christmas-party-online/2020-12-05/16.00/t-pdm0ao

ChildLine
0800 1111

Refuge
For women and children.
Against domestic violence.

TALK TO US
If things are getting to you
116 123 FREE
Samaritans

To get in touch, send your photos, ideas, request support or sign up for activities,

Call us on 020 8296 5611

Email youngcarers@suttoncarerscentre.org

Or use the **YC Contact Form on our Mobile App** by searching Sutton Carers Centre in your app store.



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