



SUTTON
CARERS
CENTRE

A Network Partner of
**CARERS
TRUST**

CARING FOR YOU AS YOU CARE FOR OTHERS

MARCH 2022

Ages 14+

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 16th March 2022

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!



Activities Update

NEWS & ACTIVITIES FOR MARCH-MAY

What's on at Sutton Carers Centre:



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

PEER SUPPORT
AGES 12-14 & 15-18
WEDNESDAYS, MONTHLY
4-5.30PM/5-6.30PM

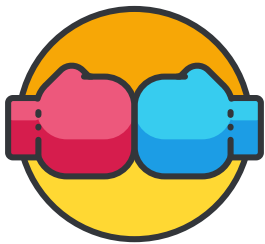
Chill & Learn
Mondays, 4-5.30pm

18+ Virtual Peer Support Group
Wednesdays, Monthly
5-6PM

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.

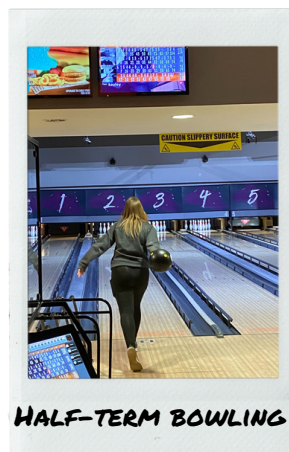
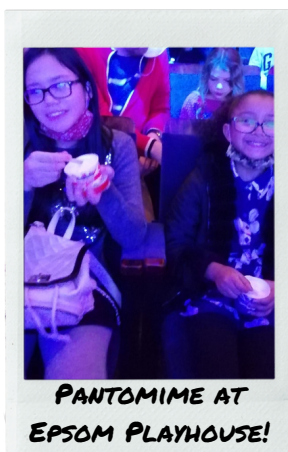
YOUNG CARER AMBASSADORS
THURSDAYS

TO BOOK OR LEARN MORE ABOUT ANY OF THE ABOVE, PLEASE CONTACT ANNA@SUTTONCARERSCENTRE.ORG.



Visit
mindfulpeakperformance.com
to learn more about free
mindfulness boxing for Young
Carers.

Winter highlights:



Wellbeing Corner

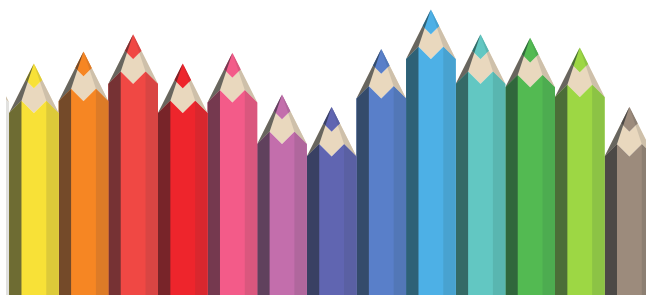
TRACKING YOUR MOOD

Take some time and check in with yourself. Sometimes life gets so busy, it's hard to really pay attention to how we are doing mentally and emotionally. Why not use this chart below to track your mood for a few weeks?

After a month, you may start to see patterns emerging or notice when you need to be kinder to yourself. This is a simple practice that you can recreate for yourself and carry forward. It's a great way to check in at the end of the day!

Try asking yourself: what is my energy level today? What is my mood today? How do I feel about what I accomplished today? What are my stress levels?

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36



Info and Contacts

COVID Updates !!!

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.

As regulations change and restrictions are dropped, know that we understand you may have worries around this. We are here to talk if you need us.



Helpful Sites & Apps



Are you following our YC Instagram page @suttonyoungcarers?



PROMOTING HEALTH & WELLBEING IN SUTTON



0800 1111

"It's alright to ask for help"

SAMARITANS

116 123



HEADSPACE

TREAT YOUR HEAD RIGHT



YOUNG MINDS
fighting for young people's mental health



FRANK
0800 77 66 00 talktofrank.com



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**Please contact us
or see our website
for the 8-13
newsletter!**