

Autumn 
October-December 2018



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

COOL NEWS

NEWS for Young Carers in Sutton



Jokes and Riddles

What is brown and hairy and wears sunglasses? A coconut on holiday!!



How does a scientist freshen their breath? With experi-mints!!



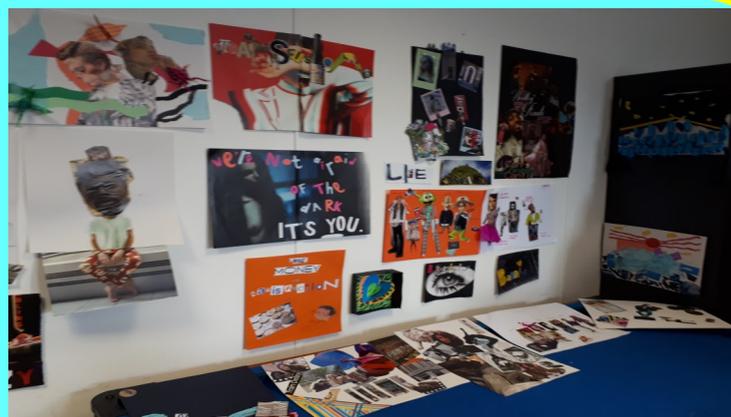
Thank You to:

Create Arts: for their awesome workshops...

Tracey: Asda's Community Champion for the brilliant Ice Cream Sundae Making...

Beth Ingram: for training our YC Ambassadors to facilitate their own Peer Support Groups...

And to Laura and Valerie: our fab support workers, you will both be missed!!





YC UPDATES



Andy's Summer Activity Update!!

Hey all!! It's been an awesome summer here at YC towers with lots of great stuff going on as usual! Loads of you have been getting involved and having plenty of fun with our packed activity schedule! Remember, if you can think of any activities that you and other YCs might enjoy, please do let us know...

We've had great fun working with Create Arts (again!) with 2 fab workshops. **Printmaking** gave YCs the chance to create original artwork using different techniques and materials, we saw some great results.

Create Arts ran a 3 day **Photography Collage Workshop**, where we had a professional photographer who helped us look at the world a little differently and produce some really special pieces of work. We visited the **Photographers Gallery** in London's exuberant Soho and saw an exhibition by the world renowned photographer **Alex Prager** to get a bit of inspiration! I think we can safely say everyone had a really good time at this one!

There was a bit of yummy **ice cream sundae making** and a movie, both of which always go down well and **Asda's Community Champion, Tracey**, pulled out all the stops for a great afternoon!! Everyone had fun and went home full up!

A group of our intrepid YCs headed off to **Thorpe Park** and despite the terrible weather and closure of some rides, had a great time, braving some of the water rides even though they were already soaked to the skin! So well done everyone for making the best of a truly rainy day!

Along with the great stuff mentioned above, we had our **Peer Support Group for 15+ YCs**. This is a 10 week activity that is run by YCs themselves and allows a space for you to meet and share your experiences with others. This can be a really helpful outlet to help you understand yourselves, your role and that of others and to feel less isolated, a group for YOU run by YOU!

Our "**Chill and Learn**" sessions were on hold over the summer but will soon be back up and running and waaaaay better than ever! We now have 4 PC's, all with internet access and the software to let you crack on with your homework in a quiet space and to get any support and advice you might need. Run by our lovely Shukri, this is open to everyone. So stop in and give it a try, you might even find some nice eats as well!

Finally, we had a **Young Carers Forum** that was open to all ages, run by the Carers Trust. It was a chance to find out about your rights as Young Carers, which is seriously important, and to learn about how to get your voice heard! Everyone got some really valuable information from the event in a fun and interesting way!! So way to go!

Check out the pictures and see you in the next issue!

My Mental Health Project Update

The 'My Mental Health' campaign, which began in January, is still going strong. We're working hard to get the message out there and our YC Ambassadors are doing a fine job! Did you know we have linked up with the Young Carers Service in sunny Blackpool and want to build ties with them and perhaps collaborate on projects in the future! We are also planning an exhibition of photography and artwork that our YC's have created that we will be displaying at the Annual General Meeting in November. We are looking for a couple of YC volunteers to help out and join in with a presentation! If you are interested contact Andy!

We Need You!!



Right, we need your input! We want to totally revamp Cool News and bring it bang up to date and make it more relevant for you. We'd like to rename it, design a new logo and find great new features and interesting content that you want to read. It would be really cool if there is someone out there who might want to write a regular column, so if you fancy taking your first step into journalism, get in touch! So we will be grabbing you at activities to get your thoughts and ideas!

NEWS



Chill and Learn is Back!!

Chill and Learn takes place at Sutton Carers Centre on a Monday evening during term time from 4pm-5:30pm. It's a great space for you to come and do your homework, meet other Young Carers and play some games too! We have several computers with internet access and snacks are provided including chocolate biscuits and fruit! To find out more, email shukri@suttoncarerscentre.org

New Peer Support for 15+ run by Young Carers

Don't forget that we have new Peer Support sessions starting this Summer for YCs aged 15+. Come down and hang out with other YCs, share your experiences and support each other. After all YOU are the experts! There will be group sessions to help you to understand and overcome difficulties you might face. The aim is to give you the chance to have the space to be yourself and have the freedom to speak your mind.

We think it is important that YOU run these sessions, learn new skills and bring your own ideas to help this develop and grow. We know that you will be fantastic!!

Crystal Palace FC Tickets

Thanks to our friends over at FreeKicks we have 1 Adult and 1 Child ticket for all Crystal Palace Premier League home games during the 2018/19 season!! How cool is that!! See your favourite Premier League stars, Zaha, Kane, Pogba or Aguero in the flesh!! Just let us know what games you want tickets for and we will do the rest. #COYP

The Big Interview!!

Steve Thorpe



Steve is the founder of the FreeKicks Foundation, he runs it with Sam Downing around their day jobs!! They provide season tickets and all kinds of football related opportunities for vulnerable and disadvantaged kids across the country and gave us our fab Crystal Palace season tickets!!

Tell us about Freekicks: Free Kicks Foundation raises money to give deserving children around the country days out at football, mostly as mascots, where they get to meet the players, tour stadiums and walk out with the team before the match. We are based in Peterborough but work all around the country, hence our connection with Young Carers in Sutton. We also offer season tickets to various clubs round the country, giving even more children and young adults the chance to see matches, from League two to the Premier League. We have given over 800 children the chance to be mascots in the 11 years we have been going.

Any hobbies/interests: I'm a Peterborough United season ticket holder and also go to all away games, I'm a keen cyclist, putting in lots of training for our Free Kicks rides. Also love live music and comedy, as well as watching any football I can find on tv!

Thanks Steve!!

Hello from Andy!!

Hey all! Just thought I would say Hi! With Valerie sadly departing I have been given the opportunity to come back to YC Towers and work with an awesome team and all of you fantastic Young Carers! I will be trying to bring you great activities, plenty of fun and support. I'm hoping to revamp Cool News and all your ideas for that and possible activities would be really helpful! I'm looking forward to seeing you again! Watch this space!! Catch up soon!!

Goodbye Valerie!!!

I am very sad to say that I will be leaving Sutton Carers Centre at the end of August as I will be returning to university to train to be a Speech and Language Therapist. I have had a brilliant time working within the Young Carers team over the past year and feel privileged to have had the opportunity to work alongside such a dedicated team of staff and volunteers. I would like to thank everybody for all of their support and for making me feel so welcome. I am certain that the many skills I have developed here will be invaluable in preparing me for my future career.

From time to time we are contacted by various local and national media organisations for the views and thoughts of Young Carers and their families. If you would like to be considered and are happy to speak to these organisations please let us know. We will keep you in mind should any opportunity like this come up!

WELL-BEING CORNER



Back to School

Summer is nearly over but with autumn come new adventures. It is that time of year again and many of you would have now started to feel a little more settled with your school/sixth form or college. As September is often the start of the academic year, it may now be a good time to focus on starting positive habits that will support your well-being and boost your learning. Here are some tips that will help you along the way this new school year.

Rethink Mistakes. Mistakes are just learning opportunities. There are no such things as #epic fails and you will never be a 'failure' because failure is just a point in time. It cannot stay with you. Of course when things don't go right, our confidence is effected and this is absolutely human. That's when we need to take a break, pause for a moment and see where the learning is.

Make time for PDF (playtime, downtime, family time). You want to do well and not feel anxious about the next test, coursework or exam. We all need time to be creative and rest our minds otherwise we will not have the mental space to take in new information.

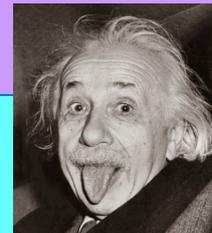
Pay attention to critical thoughts. If you hear yourself criticize how you do things and put down your achievements, then challenge your thoughts and remind yourself of your hard work and progress. You may not be where you want to be but you are not where you used to be. Try to replace the negative inner conversation with positive comments. Why not make a list of all the things you have achievements so far?

Success does not happen overnight. There is this myth that the famous people we know, managed to achieve their goals quickly and without mistakes. Success is a process, which almost always involves taking a few trips and stumbles. In fact those trips and stumbles may lead you to learn about your strengths and qualities. A good idea may also be to find out what success means to you and what is important to you?

Sleep! Having poor or too little sleep not only affects our physical, emotional or mental health wellbeing; lack of sleeping hugely impacts our learning. Children and young people need between 9-11 hours of sleep according to recent research. Reducing the amount of screen time just before bed time also increases your quality of sleep.

Find your strength. Everyone has something they are good at. Learning is important but what is also important is that you grow as a person and this means finding what works for you. Maybe you don't enjoy exams but are brilliant with coursework or it could be that you learn best in groups when you explain work to others. Additionally, not every subject may be your cup of tea but there will be one or more that are your aces. Find your super powers.

A person who never made a mistake never tried anything new. - Albert Einstein



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Could you be our next
guest reporter??

So get in touch if you
would like to write an
article!

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