

We are also joining colleagues for **Dementia Action Week (17th - 23rd May)** & **Volunteers' Week (1st - 7th June)**.
Please see: <https://www.suttoncarerscentre.org/events> for more information.

DATE	TIME	EVENT AND DESCRIPTION	ALL EVENTS ARE FREE EVENTS ARE VIRTUAL, UNLESS SPECIFIED
Monday 7th June	10:00 - 11:00	SWLStG Carer's Assessments Information Session* Learn more about Carer's Assessments during this helpful session hosted by the Associate Director of Social Work and the Merton Adult Social Care Carers Commissioner.	
	11:15 - 12:15	SWLStG Carer Coffee Morning Commemorate the start of Carers Week with a cup of tea and a chat at this friendly event.	
	10:30 - 12:30	'A Time to Relax' - Carers Meditation Group Clear your mind with other Adult Carers in this supportive relaxation group.	
	16:30 - 17:15	Young Carers 'Chill & Learn' An interactive session where you can do homework, relax, & connect with other Young Carers.	
	18:30 - 19:30	Mayor's Reception To honour Carers of all ages, Sutton's Mayor Cllr Trish Fivey and Deputy Mayor Cllr Annie Moral invite families online for a relaxed evening - and even a few treats! Please book your space as places are limited.	
Tuesday 8th June	12:00 - 14:00	Sutton Carers Forum** Cllr. Ruth Dombey, Leader of the Council, will be making the Carers Week pledge on behalf of the London Borough of Sutton, alongside other elected Members, the Chair of the Sutton Safeguarding Adults Board, NHS SWL CCG (Sutton), and charity partners. Please join us to make yours! Also, hear what themes emerged from the recent Dementia Action Week Forum & agree the actions that need to be taken. We will also be drawing a FREE raffle during this event. Email: Vicky at suttoncarersforum@suttoncarerscentre.org or go to our website for log-in details.	
	15:00 - 16:00	SWLStG Communicating with someone with Dementia Please join Wandsworth Older Peoples Service and Alzheimer's Society to learn more.	
	16:00 - 17:00	Autism/ASD Information Evening for Families (Sibling and Parent Carers) We will be joined by Tina Krelle (Teaching & Learning Assistant), who will lead an information session on ASD & ADHD. This is an opportunity for everyone (not just people who care for someone with ASD or ADHD).	
	17:00 - 18:00	SWLStG Mental Health Medicines and Medicines Safety Session Join the Deputy Chief Pharmacist at this session timed for working Carers.	
Wednesday 9th June	12:30 - 13:30	London Borough of Sutton Staff Network meeting Recognising LBS employees who juggle their paid jobs alongside their caring roles. Staff working with Carers, wanting to know more about the support available, are welcome too! Email: fay.austin@sutton.gov.uk to book.	
	14:00 - 15:30	SWLStG Changes to the Mental Health Act that Impact Carers Find out from the Head of Social Work in regards to these impactful changes.	
Thursday 10th June	11:00 - 12:00	'Carers Connect' Join us for a virtual Coffee Morning to connect & socialise with our staff, volunteers and other Carers.	
	11:00 - 12:00	ASD/ADHD Carers Peer Support Group Our friendly support group is for parents/Carers of children & young people with extra needs. To celebrate National Carers Week, we will be chatting about looking after ourselves & our own wellbeing while caring.	
	13:30 - 15:00	SWLStG "Taking Back Control" Join this engaging session delivered by staff from the Recovery College & a Carer.	
	15:00	LGBTQI+ 'Carers Connect' Pride Social A celebration for both Carers Week & Pride Month, hosted by our friends at Wandsworth Carers' Centre. For Carers all across London - Sutton, included! Email: tom@wandsworthcarers.org.uk to book your place.	
	17:00 - 18:00	'In Conversation With... Sutton's Young Carer Ambassadors' Our Ambassadors are excited to be leading a discussion with Elliot Colborn, MP for Carshalton and Wallington. How do we make caring 'visible and valued' for children and young people who care?	
	17:00 - 18:00	Young Carers 14+ Peer Support A space to meet, reflect & focus on your wellbeing with other Young Carers during Carers Week.	
Friday 11th June	11:30 - 12:30	SWLStG "Making Carers Visible & Valued" Q&A Session with CEO Vanessa Ford, Sharon Spain & Helen Miles This Q&A session with senior staff is a highlight. To book or for more information, please email: involvement@swlstg.nhs.uk	
	12:00 - 14:00	'You Could Be a Carer' Take a walk along Sutton's High Street to see if YOU 'may be a Carer' & meet some of our staff, Trustees & other volunteers. We'll have information about support for Carers, and perhaps a few treats along the way. Please come say hello!	
	12:00 - 14:00	Sutton Parent Carer Forum Carers Week Lunch BOOKING ESSENTIAL. The SPCF Steering Group is delighted to invite ALL Carers to an outdoor lunch to celebrate and get together again. Hosted in Sutton Mencap's garden, 8 Stanley Park Road, Wallington, SM6 0EU. Email: Jane Knowles at suttonparentsforum@outlook.com or call: 07557 760328 to book. Spaces are limited.	
	15:00	SCC Summer Raffle - Are You a Winner?*** It's time to find out if you have won any of our amazing prizes. Good Luck!	
	15:45 - 17:00	SWLStG Relaxation Session Wind down the week at this calming event which will be delivered by staff from the Recovery College .	
	Various	'In Conversation With... Sutton Leaders' Caring families open up their lives to give insight into what is it like to be affected by a physical or mental illness or disability, or end of life condition.	
Saturday 12th June	11:00 - 13:00	'Saturdays at SCC' A drop-in support, information and advice session for all Sutton Carers, where you can find out about the services that we, and our partners, offer. Pop up to Benhill House and see us in person for an appropriately-distanced coffee break, too!	

Want to BOOK onto one of these groups or events?

To book your space at any of the groups and events featured above, please call: **020 8296 5611** or email: Chiara at communications@suttoncarerscentre.org unless stated otherwise.

*To book all South West London and St George's Mental Health NHS Trust events, please email: involvement@swlstg.nhs.uk.

What are YOU doing for Carers Week?

The calendar is very full, but there's always room for more partner events. If you are setting something up, then please let us know and we will add it into our online Sutton and National Carers Week calendars. Please send them across asap to Chiara: communications@suttoncarerscentre.org so we can spread the news!

What are YOU pledging?

Your events can act as your pledge - or perhaps you would like to pledge something to make Carers visible and valued for the year ahead. If you would like us to add your personal or organisational pledge to be displayed locally as well as nationally this Carers Week, please email Chiara at communications@suttoncarerscentre.org by **no later than 5pm on the 7th of June. These also will be read out at the Sutton Carers Forum event, alongside Cllr. Dombey and other dignitaries and supporters.

Be in with a chance to WIN by entering our Summer Raffle!

***If you would like to purchase tickets for our Summer Raffle then please email Chiara at communications@suttoncarerscentre.org for further information. Tickets cost £1 each or £10 for a strip of 10. We have some fantastic prizes, including Goodwood Festival of Speed tickets, a gel manicure, a personalised clothing voucher and so much more!

What else is happening during Carers Week?

- **St Helier Hospital**, part of **Epsom and St Helier University Hospitals NHS Trust** will also be holding events during the week, including Carers Awareness Training, how to get support if you are a Carer and a Staff Carers Survey.
- We will be sending out information packs to other health locations like GPs and Pharmacies, as well as local schools and high street locations like supermarkets.
- We also will be creating a special **'Carers' Collage** of people who have participated in events as well as the pledges that have been made.
- Please keep an eye on our Twitter [@SuttonCarers](https://twitter.com/SuttonCarers), Facebook [@SuttonCarersCentre](https://www.facebook.com/SuttonCarersCentre), YouTube [@SuttonCarersCentre](https://www.youtube.com/SuttonCarersCentre) and new Instagram [@suttonyoungcarers](https://www.instagram.com/suttonyoungcarers) launching, plus our website: <https://www.suttoncarerscentre.org/carers-week>. Please also share messages through your own social media channels, website and newsletters to make caring visible and valued!