



SUTTON
CARERS
CENTRE

CARERS
TRUST

CARING FOR YOU AS YOU CARE FOR OTHERS

DECEMBER 2021

Ages 14+

Sutton Young Carers News



Some highlights from our weekly sessions, holiday courses and days out with our Young Carers this Autumn

#MyWay

Young Adult Carer Campaign

On Carers Rights Day (November 25th) our Young Carer Ambassadors launched the [#MyWay online campaign](#).

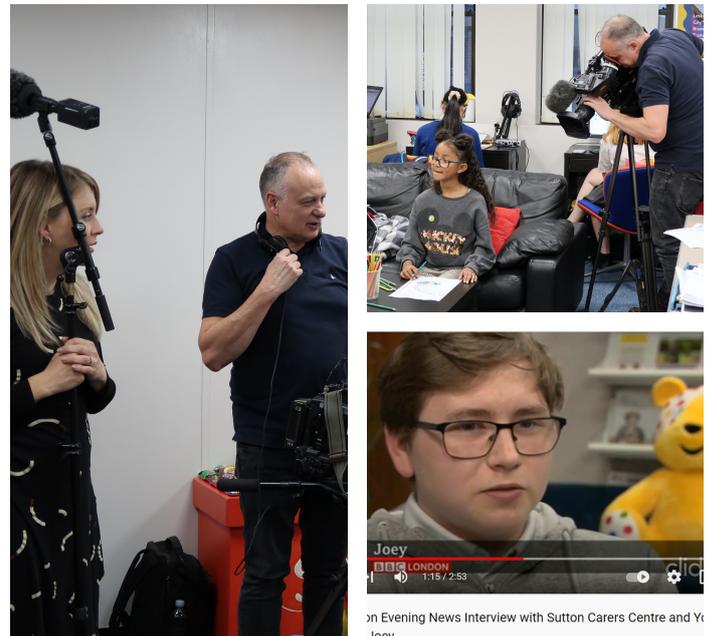
For the past few months they have been creating videos, live online events, podcasts and more, with the goal of making the Young Carers service more familiar and accessible to others.

The aim is to reach other young adults who do not know that they are Carers. Hopefully, these young adults will see the ambassadors' work and recognise themselves in it.

So please share all the informative content coming your way to help reach as many people as possible! And keep an eye out for more videos to come.



BBC Children in Need



Did you see Sutton Carers Centre's segment on BBC London on November 19th? Check it out [here](#). We had such an amazing time filming with BBC London! Two of our Young Carers, Aisha and Joey, shared their stories, to help other Young Carers know that they are not alone, and to support other young people to identify themselves as Young Carers, too.

Activities Update

NEWS & ACTIVITIES FOR DECEMBER - FEBRUARY

What's on at Sutton Carers Centre:



16+ Christmas Dinner
December 10th
5pm
Contact Anna on 07787063340 to join.

Chill & Learn
Mondays, 4-5.30pm

Bowling
16th February

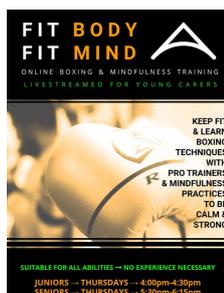
PEER SUPPORT
AGES 12-14 & 15-18
WEDNESDAYS, MONTHLY
5-6.30PM

YOUNG CARER AMBASSADORS
THURSDAYS

PANTO!!
Monday 3RD
January
Beauty and the Beast at Epsom Playhouse



Have your say!
What would you like to see the Sutton Young Carers Service doing next year?



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

Autumn highlights:

BBC Radio One Concert

In October, a group of our Young Adult Carers had an amazing day at the BBC Radio 1's Out Out! Live concert!



Create Radio Workshops



October half-term fun with *Create*, where we created a radio play around the theme of money!



Wellbeing Corner

30 DAY WELLBEING CHALLENGE

1  Write down three things you did well today.	2 Be positive towards the people you meet today.	3 Play, sing or dance to your favourite, feel-good song.	4 Stretch! 	5 Ask for help with something.
6 Identify your three priorities this week.	7 Reach out to someone you haven't spoken to in a while.	8  Find time for silence today.	9 Spend some time with nature - no matter the weather.	10 Have a 'no screens' evening.
11 <i>breathe</i> Spend five minutes listening to your breathing.	12 Find an inspirational quote to help you today.	13 Think about three things that make you smile. 	14 Attempt to solve a problem in a different way.	15 Treat yourself!
16  Research a topic you are curious about.	17 Give yourself permission to say 'no'.	18  Send friends a photo of a time you enjoyed together.	19  Go to bed early.	20 Share a goal you have with someone you trust.
21 Try something new today.	22 Connect with someone from another generation.	23 Remind yourself that you are enough.	24 Handwrite a note to someone you love.	25 POSITIVE VIBES Find a positive story in the news.
26  Take a long break today.	27 Do an act of kindness.	28 Thank someone today. 	29 Make a list of things you want to do next month.	30 Write down five reasons why you are amazing.

Info and Contacts

Heather's Book Corner



Title: 'Words in Deep Blue' by Cath Crowley.

Summary: Rachel used to be best friends with Henry, until she had to move away. Henry works in his family bookshop where readers write letters in the books to strangers, or purchasers. When Rachel left, she left Henry an emotional letter in a book but he never replied. Now Rachel's back and working at the bookshop. She's grieving the loss of her brother, trying to navigate old friendships and possible relationships.

Helpful Sites & Apps



COVID Updates

- At the moment, 12 - 15-year-olds can get vaccinated at St Nicholas Shopping Centre, Monday - Friday, 3:30pm - 7pm.
- 2nd doses for 16 - 17-year-olds: JCVI advises that young people aged 16 to 17 years who are not an at-risk group should be offered a second dose of Pfizer-BioNTech (Comirnaty) COVID-19 vaccine. The second vaccine dose should be given 12 weeks or more following the first vaccine dose.



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