

YOUNG CARERS ACTION DAY 2022

TAKING ACTION
ON ISOLATION



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS

A Network Partner of

**CARERS
TRUST**

#STORIESNOTSTATISTICS

When we asked our Young Carers what was important to them this Young Carers Action Day, they unanimously said that they wanted to help others to understand the impact of caring. They decided they did not want to achieve this through numbers or generic statistics, but by taking the time to create something that would help people understand their lived experience and the effect that caring can have on young people.

So, they created this anthology: a resource they hope will be used by schools, youth groups, professionals and community organisations to spark conversation around Young Carers in the community of Sutton and beyond.

Each of the following pieces has been created by a Young Carer, giving a glimpse into the challenges they face within their caring roles, with particular focus on the theme of 'isolation'.

Like a bird
trapped in a cage
trying to sing.



Like a room full of flowers
you need to keep giving attention to,
so you don't have enough time for yourself.

It's like you have 10 cupcakes
but are sharing it with 26 people.
There isn't gonna be enough for everyone.



Like you're holding a string
with a bunch of responsibilities, problems.
But if you drop or let go,
it would all just fall apart.



- Florence, 14



I drew what I felt -
especially during
lockdown.

The outside world is
all bright, while the
inside is dark.

-Sarah, 12

This is a piece I created on
abuse.

It starts a difficult
conversation, but one I think
is essential.

It's a message people are
scared to talk about.

Especially in the role of Young
Carers and helping family
through that.

- Matt, 18



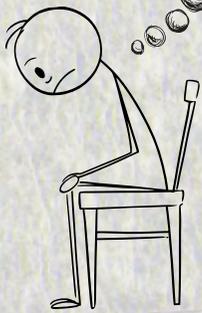
Seeing my friends smile and laugh without me feels like a sharp blow to the chest.

"Sorry, my brother's having a bad day, and I want to make sure he's okay."

That's the one thing I always say. When their faces drip with disappointment, and their backs slouch in defeat, I feel a sense of isolation brewing in my stomach. Why can't I be a normal teenager and go out with my friends? Why do I never have any free time to do anything? Those questions swirl through my mind as I walk away from the strained situation I have created.

- Evey, 13

NO ONE CARES...

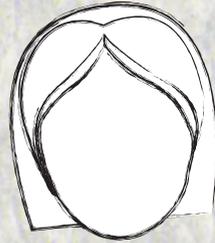


WHAT
IF

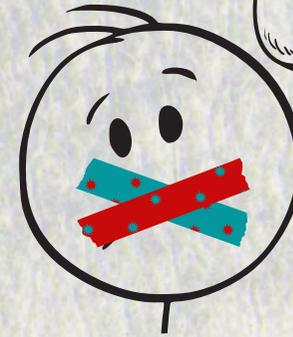
BUT...

I CAN'T
DO THIS

HELP



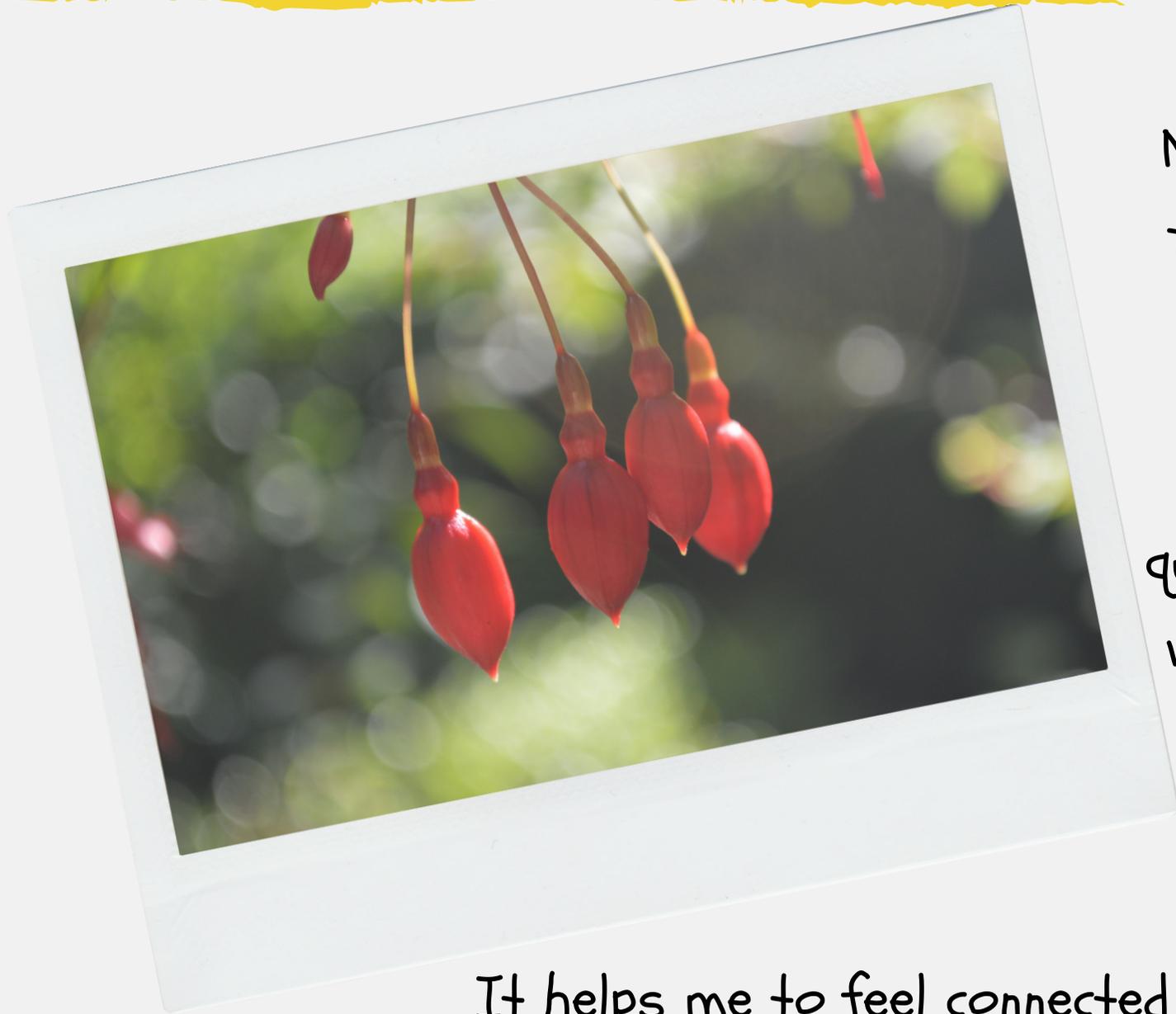
HELP



I WISH I COULD
ASK FOR HELP

I isolate myself when I'm having a bad day.
A lot of people I know just don't understand.
They try to help but I shut them down. It just
doesn't help.

- Olivia, 16



Nature is a good way to capture 'isolation'.

It reminds me of lockdown and walking during lockdown in quiet spaces in nature with not many people around.

It helps me to feel connected to what happened. Feel connected to nature. When you feel connected to something, you feel less alone.



It's the idea that being isolated can help you be in touch with things around you.

-Isla, 12



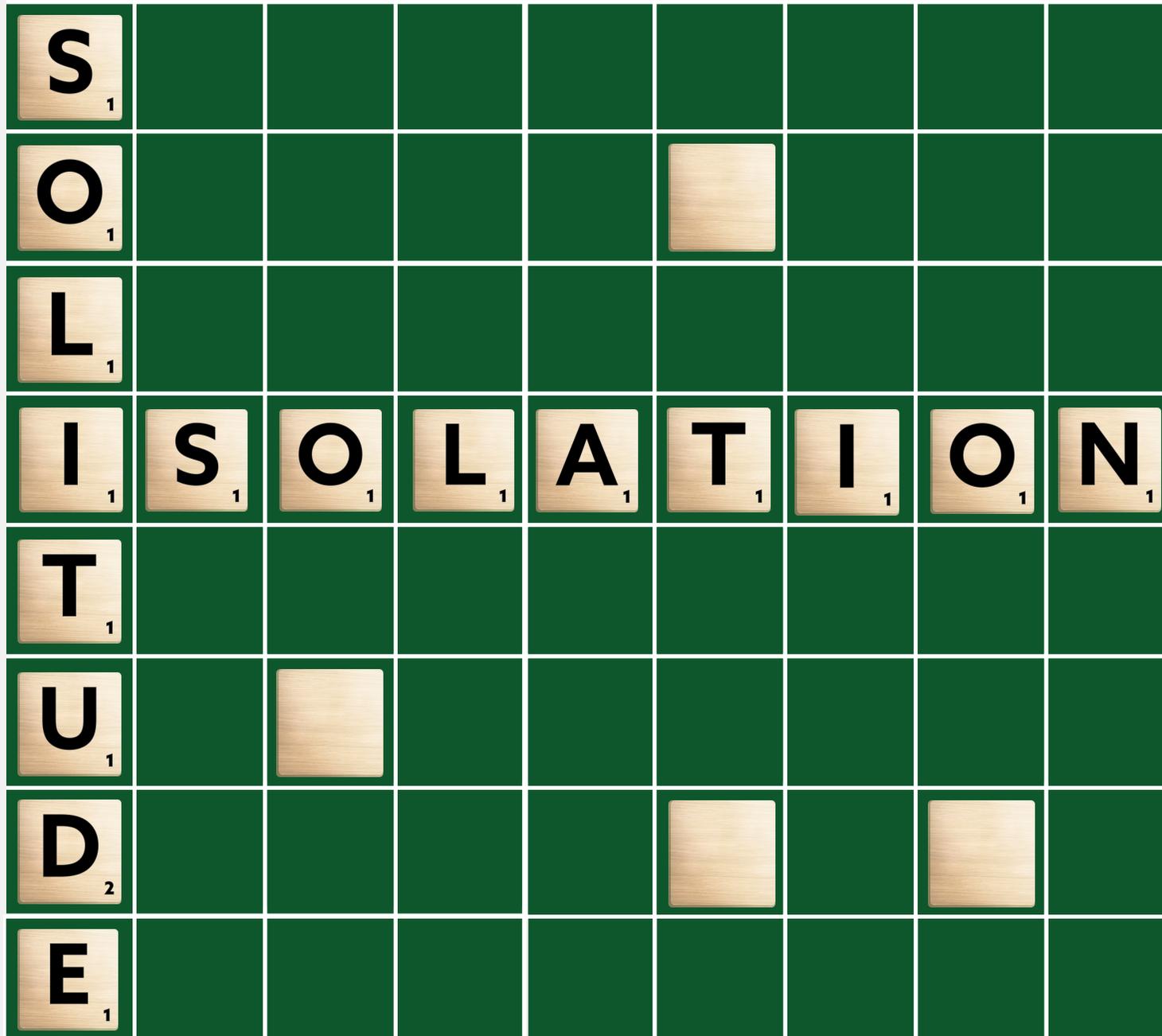
**"A KINGDOM OF ISOLATION,
AND IT LOOKS LIKE I'M THE QUEEN."
-LET IT GO (DISNEY'S 'FROZEN')**

This is what I think of when you say 'isolation'.

Isolation isn't always a bad thing; sometimes it's nice to block out the world and spend some time on your own.

Music helps me do that, music that I don't have to take too seriously.

-Isla, 12



YOUNG CARERS ACTION DAY 2022

If you were affected by any of the pieces in this anthology, please connect with a trusted adult and seek support. If you are unsure of what support is available, please reach out to us.

Are you a Young Carer? Or do you think you know a Young Carer?
Please contact us at Sutton Carers Centre. We would be happy to chat with you about referrals and support.

Please go to www.suttoncarerscentre.org/youngcarersactionday2022 to see all that we are doing for Young Carers Action Day this year, including our Young Carers' playlist!

The playlist celebrates the type of solitude our Young Carers spoke about - when you just want to block out the world and have some time for yourself.

What is your 'Solitude Tune'?

**IF YOU, OR SOMEONE YOU KNOW, WOULD LIKE MORE
INFORMATION ON THE YOUNG CARERS SERVICE OR
REFERRALS, PLEASE CONTACT
YOUNGCARERS@SUTTONCARERSCENTRE.ORG
OR CALL 020 8296 5611.**

 www.suttoncarerscentre.org



@SuttonYoungCarers



@SuttonCarersCentre



Sutton Carers
Centre



@SuttonCarers