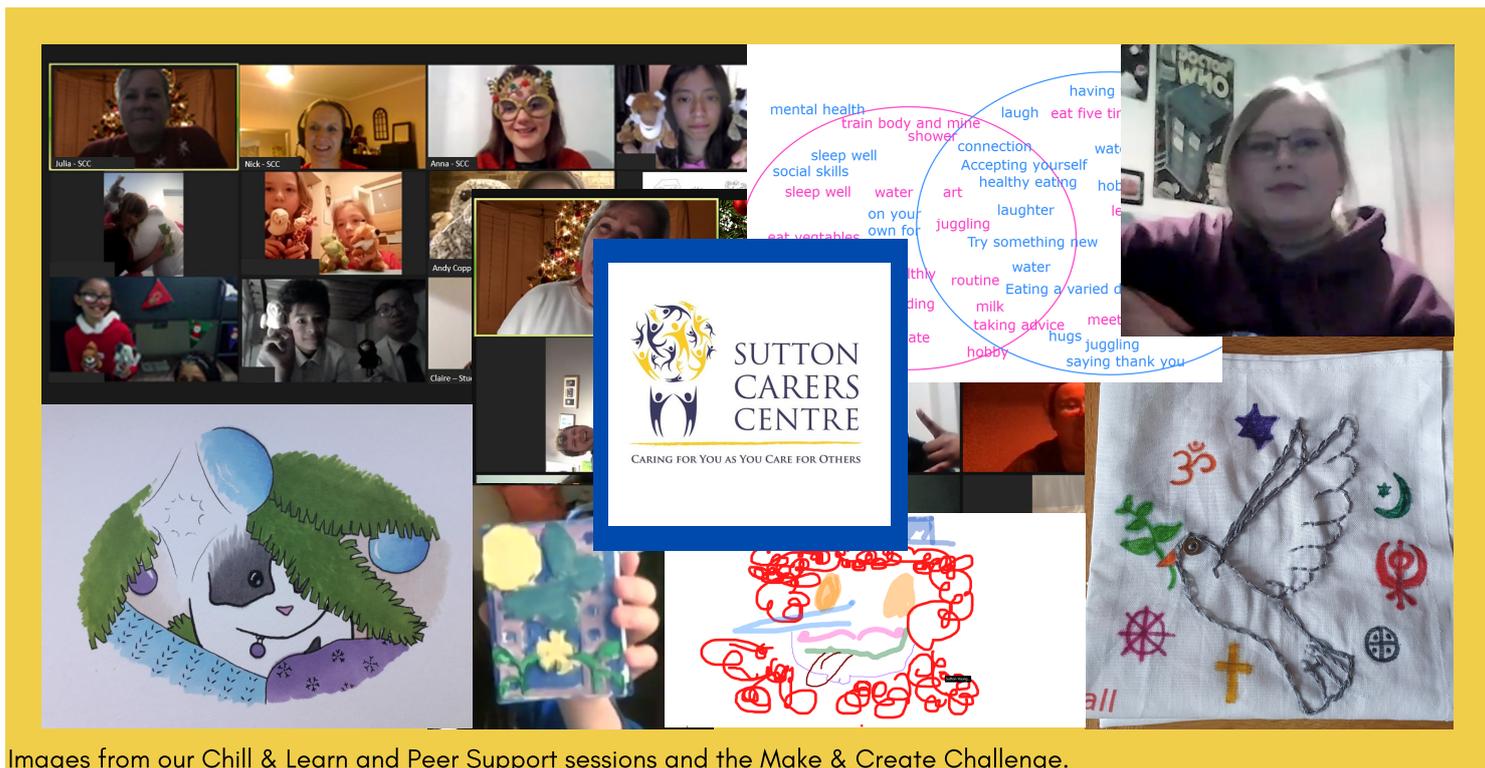


MARCH 2021

SUTTON YOUNG CARERS NEWS

Special edition for our 8 to 13-year-olds



Images from our Chill & Learn and Peer Support sessions and the Make & Create Challenge.

MARCH 16TH YOUNG CARERS ACTION DAY & BEYOND!

This Young Carers Action Day we are making a commitment to the theme "**Protect Young Carers' Futures**". This year is all about supporting you to make your voices heard, on a local and national level, but also at Sutton Carers Centre with our **#YourVoiceYourFuture** campaign. We have a range of actions planned, including:



YOUNG CARERS AMBASSADORS - We are reigniting the Young Carers Ambassadors programme! Our Ambassadors are a group of Young Carers who campaign for change, to speak to those in power, but also to represent their peers within the Centre and to ensure your voices are at the forefront of everything we do.

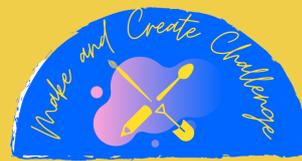
#PROTECTOURFUTURES - In the week Young Carers Action Day takes place, we will be running "Protect Our Futures" special sessions in all our online groups: Chill & Learn, Sibling Support and Peer Support. Come join us!



LILLY'S SONG - During Children's Mental Health Week, Young Adult Carer Lilly shared with us a piece of her music which moved us all. On Young Carers Action Day, she has kindly allowed us to share it with the world. Please keep your eyes peeled!



WINTER HIGHLIGHTS



Half-term Drama Workshops

This February, we were joined by the amazing *Mousetrap Theatre Projects!* Over three days, we played lots of fun games and created a land of characters who had to escape and find each other before a mysterious, cloaked figure took over. What amazing imaginations our YCs have!

Make and Create Challenge

During lockdown number three, many of you got crafting and creating, taking part in our *Make and Create Challenge!* Each week a different theme was released and participants made anything based on that theme. Can you guess what the theme was for these pieces?



WELLBEING CORNER "KINDNESS" WITH ESME STOCK

It's easy to forget sometimes how small acts of kindness can make a big difference. Have a think about someone who was kind to you: what did they do? How did it make you feel? Can you draw an outline around your hand on a piece of paper and on each finger write or draw a different act of kindness that you could do for someone else? These could include writing a letter or card to a friend, making a special effort to say thank you, or helping a friend with something you know they find tricky. Such seemingly small, thoughtful gestures may really brighten someone's day, especially if they're having a tough time. Also, notice how you feel when you engage in an act of kindness. Do you feel happier for doing so?

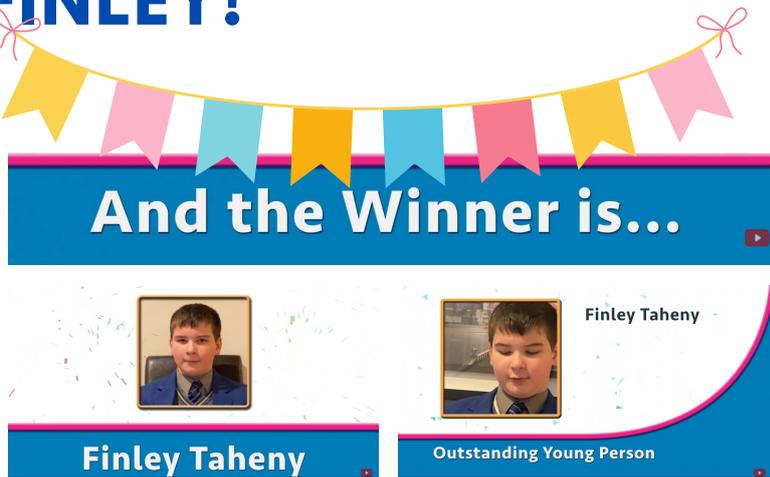
Now the tricky part; can you return that kindness to yourself? It's not always easy. Draw around your other hand and this time on each finger write something that you can do to be kind to yourself. Perhaps it's giving yourself credit for finishing your school work, even when it's not been easy during another lockdown. What about the gift of giving yourself time to do something you really enjoy? And how about feeling proud of yourself for being a Young Carer?

Both giving and receiving small acts of kindness can improve our mental health and wellbeing. Look at the two hands you have created in front of you, your ideas of being kind to others and being able to be kind yourself can have a positive impact on each other. What one will you choose to begin with today?



CONGRATULATIONS FINLEY!

A massive congratulations to Finley Taheny who won the award for 'Outstanding Young Person' at Sutton's Community Awards. Finley was nominated for the 'Outstanding Young Person' Award because of his bravery, commitment, and leadership in raising awareness of Young Carers, despite his own struggles. Keep an eye out on our social media for more from Finley!



ACTIVITIES UPDATE

EASTER BREAK PHOTOGRAPHY COURSE



During the Easter break *Create Arts* will once again be hosting three days of activities for Sutton YCs! This time 'round, the art form will be photography! Using a phone, tablet or camera, participants are encouraged to take photographs, viewing their home and everyday surroundings through new eyes.

The course will run from the 13th-15th of April from 10.30am-3.15pm. While these workshops will take place on ZOOM, we have chosen this artform because it allows you plenty of time away from the screen, engaging with the world around you. Contact us now to book or to find out more!

CREATE ARTS ONLINE

CHILL AND LEARN



Join us on a Monday afternoon where we sit back, relax and learn something new! Every week, there's forty five minutes of fun and exciting activities planned...sometimes we draw, do a quiz or learn about a new topic! Sessions are currently taking place virtually.

DO YOU WANT TO BE A YOUNG CARERS AMBASSADOR?



Do you want to be more actively involved in bringing about change for other Young Carers? Do you have opinions on how things can be done differently on a national level, local level, and within the Centre? Or would you just like to learn more about activism and campaigning? Then we want to hear from you! We are gathering a team of passionate Young Carers to be Young Carers Ambassadors to whom we will provide training sessions and support. In the past, YC Ambassadors have gone to parliament and won community awards, so this is a great opportunity to get involved!

SUTTON CARERS CENTRE AGM

Please note: The Sutton Carers Centre Annual General Meeting will be taking place on Friday the 19th of March at 12.45pm, for a 1pm start on Zoom. Please contact us for more information or if you would like to attend.

Even though we have a roadmap out of this COVID-19 lockdown, we still have a way to go. If you are concerned for yourself or someone you care for, please reach out to us for information, advice or support. Any questions, please just ask!



FUN & GAMES

Y	A	W	A	R	E	N	E	S	S	Z
Q	C	W	T	H	T	S	U	R	T	S
U	A	A	E	P	A	H	S	D	R	C
M	R	L	C	F	S	A	E	S	E	H
S	E	F	U	T	U	R	E	M	N	O
A	V	N	E	R	I	E	K	A	G	O
C	G	B	T	T	N	O	D	E	T	L
T	F	R	I	E	N	D	N	R	H	W
I	C	O	N	N	E	C	T	D	R	J
V	O	I	C	E	S	J	P	B	A	H
E	K	T	R	O	P	P	U	S	C	Y
W	E	L	L	B	E	I	N	G	D	G

YC ACTION DAY
TRUST
WELLBEING
SCHOOL

SUPPORT
VOICES
CARE
FRIEND

STRENGTH
FUTURE
DREAMS
ACTIVE

SHARE
CONNECT
SHAPE
AWARENESS

CLICK ME!



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