

Spring

April-June 2017



COOL NEWS

NEWS for Young carers in Sutton



'create Arts' Printing Workshops



on Yc Awareness Day we raised awareness one lollipop at a time



Sib Peer Support session with pizza

YCS visit the Royal Court Theatre and meet the actors of the play 'Wish List'

STOP PRESS!! Free Health and Fitness Workshops for Young Adult carers- Limited availability

We will be having two workshops on body image and breaking down barriers to health and fitness.

carers week 2017 will be between 12 and 18 June!

Look inside for more information.

carer's Trust

If you would like to share your story to raise awareness of YC issues, please let us know.

YC UPDATES



Shukri's update 2017 is in full swing and with the new year, we have lots of interesting news to share with you!

In January, we started Peer Support Sessions especially for young people who help to support their brother or sister. Something that Young Carers have in common is that it is often difficult to meet other young people who have similar caring roles and it can be very easy to sometimes feel "different" to other young people in school. Sibling Peer support helped those who attended to see that there are many other young people like them. We had lots of fun playing games and using art as well as drama to express ourselves. We also learned about different conditions and finished off the six weekly sessions with pizza. YC Awareness Day was also in January. We gave out lollipops that had tags with facts attached to them in order to raise awareness of YC issues.

The February half-term was very eventful. We visited the Royal Court Theatre and watched *Wish List*. We had a workshop that explored the main themes in the play and even had the opportunity to meet the actors. Abi, who was one of the young people who attended, captures the experience in an article, which can be read on the next page. We would like Young Carers to take more ownership of this newsletter, so please do let us know if you would like to write for us.

The school half-term holidays continued with the URBIE arts and crafts session at the Riverside Centre. On the same day, at the Sutton Carers Centre, we had our taster *Mindfulness* session. Mindfulness looks at ways to remain present in the moment without worrying about the past or future events. As exams are fast approaching for many of you, remember that sometimes the best thing you can do is focus on each moment instead of anticipating what will happen in a week or month's time. Lastly, during the half term, we had a printmaking session with a professional from *Create Arts*. The YCs who attended were able to create wonderful prints that were then transferred onto shirts and caps. **Remember, if you are registered with the Young Carers Service, you can access activities like these and more, so check out our booking form!**

Competition!

We know how talented you are and you have shown us time and time again how creativity is one of your many strengths.

As a result, this year we will be asking **YOU** to design our very own Christmas Card!

More information will follow in the next Cool News but for now please do start thinking about ideas. The image on your card could be a classic, like a picture of Santa, or it could be something different like a picture of a polar bear eating cake at the YC Christmas party.

Whatever you choose, we know that it will be awesome and the winner of the competition will have their card printed professionally!

We will start taking entries in July and choose the winner in October. We will use the card to raise funds for fun activities.



Jokes and Riddles

Q. What gets wetter the more it dries?

A. A towel. Keerthana K.

Q. Why are Pirates, Pirates?

A. Because they arrrrrrrrr Lilly D.

Q. Why can't you give Elsa a balloon?

A. Because she will let it go! Keerthika K.



Thank You

A big thank you to *Create Arts* for giving us the opportunity to see 'Wish List'. Additionally, thank you to the director and cast of 'Wish List' who kindly were able to meet our YCs and answer all their questions about the thought-provoking play. We also want to say thank you the Riverside Centre for facilitating the 'Time Out' club and helping us raise awareness of YC issues on YC Awareness Day.

NEWS



Wish List 2017

Background information :

Abi is 15 years old, a student and a Young Carer. Abi supports her younger sister who has Autism.

What was the workshop like?

After travelling through a very frantic train station or two in the freezing snow, we got to complete a workshop at the Royal Court Theatre. This workshop allowed us to imagine and briefly experience life in another person's shoes by letting us act out a created character of our choice. This gave us insight into what the life of an actor is really like. Considering many of us are aspiring actors and actresses, this was an amazing opportunity.

What was the play like?

The play 'Wish List' is about a young person, Tamsin, who supports her brother that has Obsessive Compulsive Disorder. The Young Carer packs boxes in a warehouse, on the clock, with a zero-hour contract. Her brother Dean is housebound.

As a young carer who is constantly caring for her younger sister, seeing a play in which an older sibling is desperately trying to support her younger sibling really impacted me. Of course, every carer's situation is different; whether you are the sole supporter for the one you care for or are simply there for a helping hand, everyone can relate to the sheer emotion in this play.

After a quick lunch, we were ushered onto the stage where Wish List was playing. My friends and I gazed around in astonishment; it was a set-up we had never seen before. The seating was all around the edge of the stage, and the stage was in the centre. This gave us a feeling of being in the scene with the actors, which of course, was very unusual for a play.

The downside to feeling a part of the scene is that their pain was your pain and their feelings were your feelings, leaving almost everyone on the brink of tears and I myself was unable to speak for several minutes.

Meeting the actors

After the play, we were lucky enough to experience meeting the extraordinarily talented actors. We sat down together and were permitted to interview them. We learnt how they got to where they are today and we were able to ask them about their experiences in acting as well as experience with people that may have additional needs or mental health conditions.

What was the highlight of the day?

I think, as a carer, seeing your issues and problems displayed so prominently for others to understand is a relief. SEN even nowadays is very hard to understand, so seeing an example in the mainstream eye is vital for reassurance. The reassurance comes from 'Wish list' addressing both sides of the issue: the carer's wishes and hopes, and the dreams of the person being cared for.

WANT TO GO TO THE THEATRE?

This May half-term, we will be working with Mousetrap Theatre Projects to give you the opportunity to see a top West End show and the chance to take part in three drama workshops.

This great programme will be specifically for Young Carers who are 13+.

For more details and to express interest, please see our booking form!



60 Seconds With Shukri

Name: *Toby M*

Age: 9

Favourite Food: Fusilli Pasta

Nike or Adidas? Nike

Dogs or Cats? Dogs

KFC or McDonald's? McDonalds

PlayStation or Xbox?

PlayStation

Favourite Film? Coraline

3 things you would take to a desert island: Water, Pasta and a tent

Best thing about Sutton Young Carers: Meeting new people that are Young Carers

If you would like to be featured, please e-mail shukri@suttoncarerscentre.org



Carers Week

Carers do so much to support not only their families but their whole community. It can often be challenging and it is important to raise awareness of the essential work Carers do. This is why we dedicate a whole week to this important cause. This year, Carers Week will be taking place 12-18 June 2017.

The Young Carers team will be celebrating all the amazing support you provide with our **YC Carers Week Party**. We will Celebrate Carers Week with cake decorating, crafts, games, and of course party food!

We will also be raising awareness in local GPs and schools.

For more details, please have a look at our booking form.



Action for Young Carers:
Education and Support



Managing Stress

As the end of the school year approaches and you start to take your exams, you may begin to feel under pressure and even some stress. This is absolutely normal and it is completely understandable to feel a bit anxious. While a mild amount of stress could be useful and acts as motivation, too much stress can affect our health. There are some really easy ways to beat stress effectively, so please have a look at the tips below to manage stress:

-Take it one step at the time. Often when we first look at tasks, we see a mountain to climb. Breaking it down into smaller manageable tasks brings things into perspective. Try making a list of the work you have to do and prepare a timetable to help you manage your time. Break up study times. We learn best in small chunks of studying. Attempt to do 30- 45min of studying and then take a short break.

-Take a step back. If you find yourself feeling overwhelmed with everything, take a day off. Our minds and bodies need time to rest and heal. Have a full day where you are present in the moment. Whether it is a PJ day or going out with friends, allow your mind to stay with whatever it is you are doing. If your mind wanders, back to your worries, use your five senses to bring you back into the moment. Think about what you see, hear, smell, taste and feel the ground with your feet. Listen to music, find something that makes you laugh or have a relaxing bath. The upcoming **Don't Tone Alone** Health and fitness workshops will be also enable you to focus on your health and well being so come check them out!

-Eat a varied diet. Although it may be a little more effort, eating fresh ingredients and lots of fruit is really important. Juices filled with vitamin C, such as orange or grapefruit juice, are said to be good for your immune system so can help with stress. Try to make your juice from scratch. In fact, preparing juice or cooking from scratch could help you relax.

-Get active. Doing something active at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Even short walks can help reduce stress levels but it's even better to work out intensively. Joining a club could also help with stress as the regular contact with other people should help improve your mood. And why not try yoga? It's a great way to ease your mind and relax your muscles.

-Sleep (log off social media). Sleep can really be the best medicine and studies show that naps can help increase brain productivity. We all spend too much time on social media sites and answering emails, texts and phone calls. Social Media is fun – but too much of it, and too much computer time, can lead to more stress. Try to take some time off.

-Listen to your body. While it's normal for your stomach to feel jumpy just before a test, feeling consistently anxious and/or consistently having headaches could be a sign that there's too much going on. Remember that although it's understandable that you want to do well, your health and well-being are far more important. Additionally, sometimes no matter how well we manage difficult situations, we just need some extra support. It may be just talking to family or friends but it is important to ask for some help if you need it.

-Go for progress and remember mistakes are part of the learning process. Don't get too stuck thinking that you have to get things perfect the first time. Mistakes are just learning opportunities. In fact, perfection doesn't exist. While making good decisions is an important skill to learn, the skill that might be even more important is learning how to recover when things don't go exactly to plan. It may require time but usually problems can be solved.



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