

Winter



January–March 2018

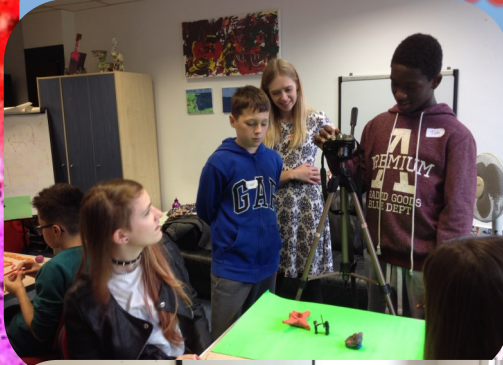
COOL NEWS

NEWS for Young carers in Sutton



SUTTON
CARERS
CENTRE

CARING FOR YOU AS YOU CARE FOR OTHERS



Jokes and Riddles

Knock Knock,
Who's there?

Tooth,

Tooth who?

Two thirty.... I have
an appointment.

Jack Drake

What do you call a
sleeping bull?

A bulldozer!

Oliver Willsher



collect your books!!!

We now have all the books that the people of Sutton kindly bought for our Young Carers this Christmas as part of 'The Wishing Tree Book Scheme'. If you requested a book and were not able to collect your book before Christmas, please come and collect it from Sutton Carers Centre. We are open Monday-Friday 9am-5pm. We are also open late on a Tuesday until 8pm and the second Saturday of every month from 11am-1pm.

YC UPDATES



Valerie's Activity Update

What a busy few months we have had at Young Carers! The October half-term holiday began with a 2-day animation workshop led by *Create Arts*. Young Carers worked in groups to create their own short animations including creating their own characters and props using objects brought in from home, as well as using plasticine to make characters and objects from scratch. They then learnt how to use stop-motion to film their animations. On the final afternoon, Young Carers worked on the laptops to add the finishing touches to their animations such as sound effects and backdrops. All three animations were amazing and we had a fantastic turnout of proud family members who came to watch our Young Carers' completed work. We also showcased their work in public at our Annual Review in November.

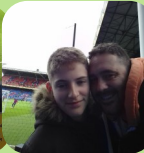
For our Young Adult Carers, we held a Movie and Dessert afternoon during half-term. We watched *Guardians of the Galaxy Volume 2*, whilst making our own delicious ice-cream sundaes. What's not to like?!

We ended the half-term holiday with another cooking workshop led by *ASDA's* Community Life Champion Tracey who taught us how to make beef burgers or falafel. Some of you liked your creations more than others but it's safe to say everyone went away having learned some valuable cooking skills!

In November, we had a 'Chill and Learn Special' on Mindfulness led by Francisco from *Don't Tone Alone*. He taught us some relaxation techniques and strategies for dealing with stress and anxiety – a topic that is particularly relevant in the run-up to Christmas which can be an overwhelming and challenging time for some of us.

As always, what better way to end the year than with our Young Carers Christmas celebrations?! We kicked off the Christmas festivities with our Young Adult Carers' Christmas Meal at Pizza Express. We started off the evening with some fun ice-breaker games before enjoying a tasty meal and dessert of our choice. It was great to welcome some new faces!

Our Young Carers Christmas party was a massive success! DJ Jon Patrick got the party off to a great start and as well as dancing, we had something to suit all tastes. Activities ranged from fun science experiments to biscuit decorating and arts and crafts, not forgetting party food and cake of course! Thank you to Sarah for the fantastic face painting too!



Hello!



Hi, my name is Laura and I have recently joined the Young Carers Team as a Student Social Worker. I have been helping out with Peer Support and have had so much fun getting to know you guys. I am looking forward to what we have planned for you all in 2018!!!



Thank You to:

Free Cakes for Kids Sutton

Sutton College

Lizzie Poulton and Waterstone's Sutton

Alan from Brainwave Science

Knight Fantastic Disco

Tracey of ASDA Sutton

The Salvation Army, Sutton

and

St John's Church Belmont

For helping to make our Christmas Party a success!

And **Thank You** to Heather,

Beth, Bronwen, Shauna and Abi for representing Young Carers at our Annual Review in November.



Free Crystal Palace tickets!

We have 1 adult ticket and 1 child ticket for Crystal Palace home games this season, kindly donated to Young Carers by *FreeKicks Foundation*. To put your name down for a game please email,

valerie@suttoncarerscentre.org

call 02082965611 or text 07985574912.

NEWS



SOPHIE PLUME talks about Sutton Young Carers

I joined Sutton Young Carers in Summer 2017 and have attended lots of activities since including 'Chill and Learn' on Mondays and Peer Support on Tuesdays.



I really enjoyed the Animation Workshop and Christmas Party. During the Animation workshop I found out that it was important to take your time when doing tasks. Everyone had a role and I met cool, creative people.

What do you like best about being part of Sutton Young Carers?

It is nice that everyone you meet understands and goes through similar situations as you. It is nice meeting people my age who get it.

What would you say to encourage other Young Carers to register with us?

It is fun! You will meet new people who understand you. It is okay to be nervous when you first join but it is the chance to make friends who may have had similar experiences as you or go through similar situations.

Young Carers Awareness Day 2018

The Next Young Carers Awareness Day will be held on **Thursday 25th January**. All over the country, we will be trying to raise awareness of Young Carers. Keep your eyes and ears peeled for coverage on telly, radio, Twitter, magazines and other places as Carers Trust and other national partners get your stories out there and campaign for change. If anyone wants to be on standby to speak to the media (we sometimes get last-minute requests), please let us know. And please sign up for our Young Carers Forum events as we help Local decision-makers to really understand what it's like to be a Young Carer - the good, the bad and the ugly!

NEW YC Support Group



We are very excited to announce that Volunteer Dramatherapist, Esme, who has been working with some of our Adult Carers this quarter, is going to be starting a support group for Young Carers aged 8-13 years old on a Thursday afternoon. She will be using games and drama activities to help you to explore your health and well-being. The group will run from 4pm-5:15pm and the first session will be held on Thursday 15th March at Sutton Carers Centre. If this sounds like something you would be interested in, please make sure you register your interest!

We Need Your Help!

Some of our regular readers may have noticed that our '60 seconds with Valerie' insert is missing from this *Cool News* edition. This is where we choose a Young Carer and ask them a series of questions about themselves which they have to answer in 60 seconds.

We want to revamp our questions for the New Year. What questions do you think we should ask Young Carers to answer in 60 seconds? Email, valerie@suttoncarerscentre.org with your ideas.

The first Young Carers Forums of 2018 - one in January, one in February!

Meeting 1...

Date: Thursday 18th January 2018
Time: 4.30-6pm
Venue: Sutton Carers Centre

We are meeting with people from the new 'Fairness Commission' who want to know what you think needs to change in Sutton to ensure that Young Carers are treated equally and fairly in all areas that affect their lives. For instance:

Do you think schools recognise and support Young Carers?

Do you think mental health services understand your specific needs as a Young Carer?

Do the professionals who support the person you care for listen to your views as a Young Carer?

Come and share your views to drive forward change in Sutton!

Meeting 2...

Date: Thursday 1st February, 2018
Time: various sessions available across 4.30-8:00pm, pre-booking essential
Venue: Sutton Carers Centre

In February, we will be meeting with people from Sutton Council and Health Services to talk about Young Carers Services and what things are most important to you. A great follow-on to the meeting above! We also want to speak to the **families of our Young Carers (parents and siblings)** and hear what they think, too.

Pizza, snacks and other refreshments will be provided at both meetings.

Theatre trip to Shakespeare's Globe

We will be taking 6 Young Carers aged 14+ to see a performance of *Much Ado About Nothing* at Shakespeare's Globe on Saturday 3rd March at 2pm.



These are standing tickets so you will feel fully immersed in the action!

If you would like to come with us, please let us know asap as we only have 6 places!

Well-BEING corner



Beat the January blues

For a lot of people, January can feel like a long and challenging month. After the Christmas festivities it can be difficult to adjust back to our normal routines. Here are some tips that will help you this season.

Rest: People often feel guilty about taking time to rest. Yes there are chores to be done, problems to be solved and school work to be completed. It is important to remember, however, that just like we need good food to fuel our bodies, we need rest to recharge. Consistently thinking about what we haven't done or need to do and comparing ourselves to others only causes anxiety. Do things at your own pace. Take it slow and don't have unrealistic expectations of yourself. Sometimes you just need to breath, have a cup of hot chocolate and unwind.

Cultivate kindness: We often find it easier to be kind to others. If you saw your friend struggling or being critical about themselves, you would step in to support them and give them words of encouragement. When was the last time you did that for yourself? If you feel low, do something kind for yourself and focus on your positive qualities. Starting today, you could make a list of 10 things you like about yourself. They could be achievements, talents, personality traits or things you are proud of.

Be active and eat well: Being active can improve mental well-being and reduce depression. This doesn't mean you have to go to the gym. It could mean taking a walk, dancing in your room or just playing outside. It is about being active and looking after your body. Also, after the indulgence of Christmas, you could try to take multivitamins and maybe try new foods. Fruit smoothies always go down a treat!

Treasure gratitude: Of all the areas studied in the field of positive psychology, gratitude keeps receiving the most attention and there is a good reason for this! Grateful people have been shown again and again to have greater positive emotions and are less likely to experience low mood and stress. Now this doesn't mean you have to be grateful for bad events. It is human to be sad or feel low. What treasuring gratitude means, however, is that you actively take the time to notice the good too. Can you write 3 things you are grateful for?

Plan ahead: Planning doesn't have to always be about chores, school or tests. Studies have shown that anticipating a fun event may even bring us more happiness than experiencing the event. It doesn't have to be something that requires lots of planning or work on your part. You could have friends come over or you may even just want to have a day where you just read or watch movies. Take the time to put something fun or relaxing in the diary and just the thought of the event taking place will keep you smiling.

"Happiness is not something ready-made. It comes from your own actions."

— Dalai Lama XIV



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come and Join 'Chill and Learn'!

Chill and Learn takes place at Sutton Carers Centre on a Monday evening during term time from 4pm-5:30pm. It's a great space for you to come and do your homework, meet other Young Carers and play some games too! We have two computers with internet access and snacks are provided including chocolate biscuits and fruit!

To find out more, email shukri@suttoncarerscentre.org.

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