



SUTTON
CARERS
CENTRE

CARERS
TRUST

CARING FOR YOU AS YOU CARE FOR OTHERS

SEPTEMBER 2021

Sutton Young Carers News



Images and highlights from our weekly sessions, holiday courses and Young Carers this summer.

Back to School Young Carer Support in School, College and University



September is a time of change, whether it is going into a new school year, or for some of you a new school, college or starting university. This can lead to feeling a mixture of emotions - the excitement of seeing friends or feeling anxious being somewhere new. Either way, these mixed emotions are normal and it is healthy to feel and name them. Please talk to family, friends or someone you trust about how you are feeling.

It is really important that teachers and support staff know about your caring role. You don't need to tell everybody, but think about who you would like to have the conversation with. If your school is already aware of your caring role, then it is important to have a chat with the person that you normally speak to, letting them know of any changes, how your summer was, sharing any challenges or moments that you were proud of. If you are starting somewhere new, finding the pastoral staff is a great place to start.

Teachers and support staff are there to help you get the most out of your educational experience. Talking to someone about what you do at home can help them understand what you need and enable them to give you support in those areas. There are lots of ways your school or college can help. Talk to them to discuss what you would like help with. Many universities have programmes to help you get the most out of your time there and bursaries for Young Adult Carers.

Some schools run lunchtime groups or support groups for Young Carers. If your school does not do this, you could suggest it to your them. Wouldn't it be nice to know who the other Young/Young Adult Carers are around you?

Reach out to us if you need help communicating with your schools, college or university. If you are starting somewhere new and don't know where to turn, let us help you find the best person. We are here to help!

Activities Update

NEWS & ACTIVITIES FOR SEPTEMBER - NOVEMBER

Summer highlights:



National Carers Week took place from the 7th-13th of June. We celebrated making caring 'visible and valued' in our weekly groups. Our Young Carers Ambassadors spoke with MP Elliot Colburn about the impact of caring and shared their experiences.



In July, our Young Adult Carers joined with Croydon YAC's to compete in a virtual escape room!



On the 27th of August our YAC's met in the park for a picnic! It was great to see everyone in person!



This summer we had two weeks of *Create Arts* workshops. During week 1, we created a mini-universe inside a box. The 2nd week we created soundscapes on the theme of climate change.

What's on at Sutton Carers Centre:

Peer Support
Every second Wednesday
5-6.30PM



Chill and Learn
Mondays (term time)
4-5.30PM



Create Workshop (13-17)
October 26th, 27th, 28th



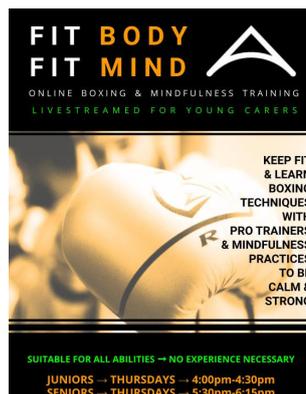
Young Carers Ambassadors
Thursdays (varying)



Other activities:



Feeling creative? Why not enter the Jack Petchey creative competition. Closing date is 20th September. Details can be found at www.jackpetcheyfoundation.org.uk.



Visit www.mindfulpeakperformance.com for details on boxing for Young Carers.



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

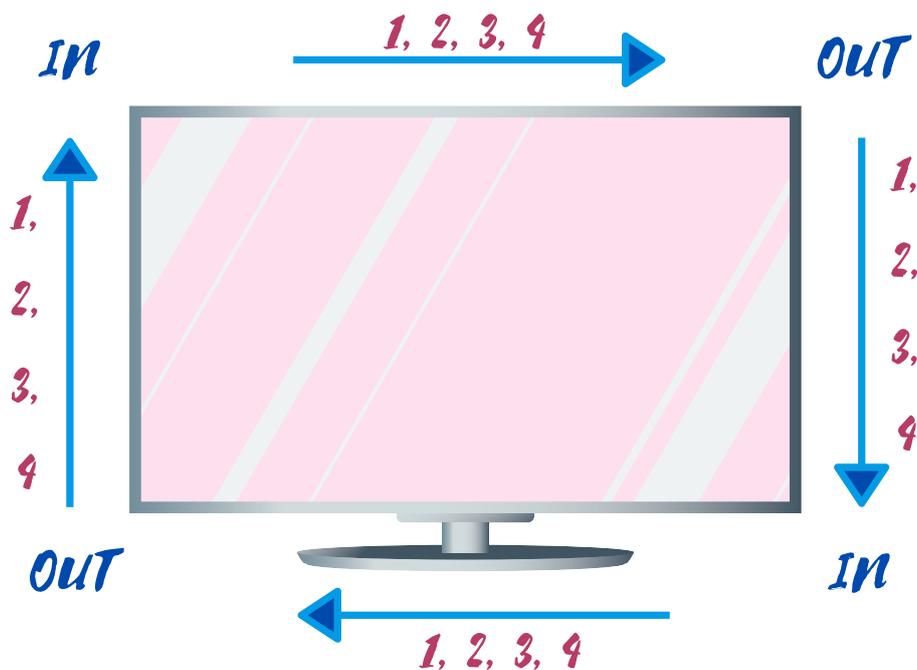
Wellbeing Corner

WITH ESME STOCK

I always like the autumn term... I think it's the promise of what a new academic year might bring. For me, it brings to mind fresh feelings of hope and excitement. But alongside these positive feelings often sits anxiety and worry about the unknown. This is perfectly natural; anxiety and excitement share many similar qualities, in fact anxiety is often described as "excitement without the breath". With this observation in mind, I wondered about how best to calm anxious feelings by bringing awareness back to the breath. Here is one technique that I have found particularly useful:

Square Breathing

- Find a square or rectangular shape you can see or picture a square shape in your mind.
- Beginning at one corner of your square, take a deep breath through your nose for the count of 1, 2, 3, 4 letting your eyes or imagination travel along one side of the square as you do so.
- As you move to the next side of your square, slowly release your breath through your mouth for the count of 1, 2, 3, 4.
- Repeat a few times, trying to keep your breath slow and even.



Returning our attention to our breath is particularly helpful as it serves as an anchor, something we can turn our attention to at any time if we start to feel carried away by negative emotions.

If you have any breathing exercises that have helped you, please share with us. We always listen and learn from your experiences. Meanwhile, we wish you all the best as you start your autumn term!

Info and Contacts

COVID UPDATES !!!

Young people aged 16 and 17 are eligible for some COVID-19 Vaccines. If you need help with this, please let us know. We are awaiting final information regarding ages 12-15. For the most up-to-date information please contact us directly.

Free Personal Protective Equipment (PPE) like masks, gloves and aprons is available. Please do get in touch asap!

You will find some official vaccine information for young people [here](#).

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1008090/PHE_12073_COVID-19_What_to_expect_CYP_leaflet.pdf

We remind you to ensure you are getting your information from trusted sources. If you feel overwhelmed by all the information circulating, please reach out to us. We don't know everything but we can help you find trusted information.

We are hoping to host our weekly groups in the Centre again very soon. The safety of our Young Carers and their families comes first, so all groups may stay online, if necessary. The location of activities will be confirmed with your booking. We are also seeing Young Carers individually, in person, by appointment, so please do contact us if you need face-to-face support.

Helpful Links & Apps



Are you following our YC Instagram page @suttonyoungcarers?



PROMOTING HEALTH & WELLBEING IN SUTTON

"It's alright to ask for help"

SAMARITANS

116 123



0800 1111



TREAT YOUR HEAD RIGHT



fighting for young people's mental health



0800 77 66 00 talktofrank.com



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