**Jokes and Riddles**

Why did the golfer wear two pairs of socks?
In case they get a hole in one.

What do you call cheese that isn’t yours?
Nacho Cheese!!

Thank You to:

**REED Business** for kindly donating Easter Eggs for our Young Carers

Fiona from **Free Cakes for Kids Sutton** for baking an amazing cake for our Young Carers Party

**Freekicks Foundation** for donating a Crystal Palace season ticket for the 2017-18 football season
Valerie’s Activity Update

We’ve had a fun-filled few months at Sutton Young Carers! The Easter holidays began with a movie and dessert afternoon. We had a full house as 17 Young Carers came to chill out and watch *Despicable me 3* whilst enjoying yummy ice-cream sundaes and popcorn.

Next, some of our Young Adult Carers were lucky enough to take part in a 2 day *Create Arts Photography* workshop, run by professional photographer, Adele. They spent the first day in the local area familiarising themselves with using professional cameras and trying out different styles of photography. On the second day, we travelled into London to visit the Tate Modern which was lots of fun and provided some great backdrops for our Young Carers’ photography. The photography workshop was centred around the theme of self-identity and capturing this through photographs.

We wrapped up the Easter holidays with a pottery painting workshop at *Glazed All Over* pottery studio in Wallington. Our Young Carers were given a choice of crockery or pottery figures to paint including mugs, plates, unicorns, dogs and cars, to name a few. I was blown away by the creativity and artistic talent of our Young Carers. I think we definitely have some budding artists in the making!

During the May half-term we were treated to another cooking workshop from *ASDA*’s Community Champion, Tracey. This time, we practised chopping, peeling and grating skills to prepare a lovely healthy lunch of egg mayo sandwiches and berry and passion fruit yoghurts. Chocolate prizes were awarded for the table with the best-presented food and it was a tough one to call as the standard was so high!

We topped off the Spring activity programme with our Carers Week Party. What better way to celebrate the wonderful work you do in supporting your families than with party food, cake decorating, games, arts and crafts and cake?!

Finally, our Young Carers Ambassadors have completed their training and have already been out and about raising the profile of Young Carers. Tim and Beth attended a reception to meet the new Mayor of Sutton, Councillor Steve Cook, and Tabitha and Imogene went to Parliament for the day to represent Young Carers and meet local MPs who can influence decisions about Young Carers. You can read more about their day later in the newsletter!

As always, we have lots more great activities planned for the Summer holidays so please be sure to check out the enclosed booking form!

My Mental Health Project Update

The ‘My Mental Health’ campaign, which began in January, is now in full swing! This is a project that we are running in collaboration with Carers Trust. Our Young Carers and Young Carer Ambassadors have been working very hard to highlight the pressures of being a Young Carer and how it can impact mental wellbeing. Two of our Young Carer Ambassadors attended Parliament and met up with Blackpool Young Carers, where they were able to discuss the challenges they face as Young Carers with local and national MPs. We have also visited local schools to deliver presentations and hand in letters written by Young Carers to raise awareness of the difficulties that they can face within school. Keep your eyes peeled for what else we have in store and please get in touch if you would like to take part in the ‘My Mental Health’ campaign. There are lots of different ways you can get involved!

60 Seconds with Sutton Young Carers

Name: Jenny
Age: 10
Who do you care for? My brother
Favourite color: Teal
Favourite animal: Puppy
Favourite subject: Art
Summer or winter? Winter
Sweet or savoury? Sweet
Indoors or outdoors? Outdoors
Best thing about Sutton young carers: I can get away from people!
Laura interviewed Young Carers, Imogene and Tabitha, about their afternoon at Parliament

Why did you choose to attend Parliament?

Imogene: Because I knew that it would make a difference and I would be one step closer to change.

Tabitha: To raise awareness of Young Carers and to improve services for all Young Carers.

What did you do during your afternoon at Parliament?

Imogene: We spoke to MPs about how the government needs to create a stronger network of support for Young Carers and provide training for high school staff to build and sustain understanding of Young Carers’ needs.

Tabitha: We talked to different politicians about the role of Young Carers and the emotional impact of caring.

What was the highlight of your day?

Imogene: Getting to speak my mind.

Tabitha: Providing insight into the world of a Young Carer.

Overton Grange Bronze Award

As you may already know, we have been supporting Overton Grange School for a couple of years. However, over the past year we have specifically worked with this school in order to not only raise awareness of Young Carers, but to put in place detailed support for you. This led us to make an application for the Young Carers in Schools Award by Carers Trust and The Children’s Society in February.

We are delighted to announce that in March this year, we received the Bronze Award. Congratulations to Overton Grange and Shukri for all of their hard work!

Although we are proud about the award, our main goal is to support you. You told us that school can be a bit challenging when you are a Young Carer and we listened. Our Schools Worker, Shukri, is now supporting many schools in Sutton so keep an eye out as you may see her in your school.

Peer Support for 15+

We are happy to share that we have new Peer Support sessions starting this Summer for young people aged 15+. As its name suggests, Peer Support is a space where you can receive support from other young people in similar circumstances to you.

We will have group sessions to help you to tackle your everyday problems and share not only challenges, but happy moments, too. The aim is to give you the chance to have the space to be yourself and have the freedom to speak your mind.

This new Peer Support will be run by Young Carers in time and you may even want to bring your own topics for discussion. The Young Carers that have been part of the previous sessions have really liked the opportunity to choose topics of interest and have valued the support for their wellbeing.

They have also said:
“Peer Support sessions give me time away from my caring responsibilities”.
“I meet with friends and we love the relaxed atmosphere”.
“Peer Support gives us a chance to stop and take a breath”.
“We are comfortable talking to YC staff because they understand”.

Overton Grange Bronze Award

Carers Trust Campaigns Workshop

Wanting to become a campaigner -or just curious about how you can make a change?

On Monday 30th July, Carers Trust is holding a Campaigns Activity Workshop at Sutton Carers Centre with fun activities to help you to find out about your rights as Young Carers and how to get your voice heard where it matters!

If you would like to attend this workshop:
Email valerie@suttoncarerscentre.org
Call 020 8296 5611
Or text 07985 574 912
Comparing—everyone does it sometimes but we often don’t think about how it affects us. Whilst comparisons can be useful and are great when used in writing, they almost always leave us feeling low when used to compare ourselves to others.

We are usually our own worst critics and comparing achievements, looks, school grades, or popularity to peers can lead people to feel that they’re not good enough. Here are some ideas on how to tackle that frustrating, comparing voice:

**Challenge your comparison.** If a friend was comparing themselves to another without noticing their own positive traits, you would challenge them and remind them about their own talents. Have this relationship with yourself and use your ‘best friend’ voice.

**Bear in mind that comparisons are almost always unfair.** We typically compare the worst we know of ourselves to the best we see in others. As Albert Einstein wrote, “Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

**Focus on you.** Comparisons focus on the wrong person. If your life was a book, then you are the main character and should focus on yourself. When we consistently compare ourselves to others, we lose precious energy that can be used to support our growth.

**Catch the comparing thought.** When you notice yourself comparing, end your sentence with 2 positive traits about yourself. For example, “Tracey is better than me at maths BUT I have improved and I am brilliant at story writing”.

**Take a lesson from your finger prints and be like no other.** Your irreplaceable value, successes, gifts, talents and contributions are completely unique to you. These can never be properly compared to anyone else.

**Trust time.** Remember that your growth or talents are not fixed. You can learn, practice and achieve what you want in time. Comparisons make you feel that you are stuck.

“Be yourself; everyone else is already taken.” – Oscar Wilde

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**Well-BEING Corner**

Comparisons Hurt

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