



SYC

SUTTON YOUNG CARERS

A Network Partner of
CARERS TRUST



SEPTEMBER 2024

HONEYPOT RESPITE



A group of Young Carers kicked off their summer with a weekend away at HoneyPot House with HoneyPot Children's Charity. Read page 3 for more info about the terrific time they had!



CREATE DRAMA WORKSHOP

"You're not my Mother, Oh yes I am!"

CREATE
20 YEARS OF SPARKING CREATIVITY

Plenty of that and more when some of our YCs embraced their inner performer in Create Drama. Read page 3 to see what they got up too.

DISNEY & DESSERTS

We kicked back and enjoyed a new Disney hero faceoff against an evil sorcerer. See page 2 to find out what we watched and rated it!

ANIME ANTICS



Transported into the world of imagination we followed Ruderger in Anime Antics, as he traverses between the real world and the imaginary to try and reconnect with his friend, Amanda. See more on page 2

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to visit our website!



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Activities

UPDATE

YC CALENDAR

PEER SUPPORT

14+ -25th September 2024

8-13 - 4th September 2024

18-25 Drop in - Every Tuesday

CHILL N' LEARN HOMEWORK CLUB

Returns 9th September 2024

Mondays (runs term-time only) Ages: 8-18

3:30 pm - 5:00 pm

Disney & DESSERTS

To be confirmed

Ages: 8-14

Runs during school holidays*

TO BOOK OR LEARN MORE ABOUT ANY OF THESE ACTIVITIES, PLEASE CONTACT

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YOUNG CARERS

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SUTTON CARERS.ORG



PEER SUPPORT PLUS

11th September 2024

Ages: 8-18

4:00 pm - 5:00 pm

CREATE ARTS

RETURNS NEXT YEAR

PLOT TWIST WORKSHOP

OCTOBER 2024
HALF TERM

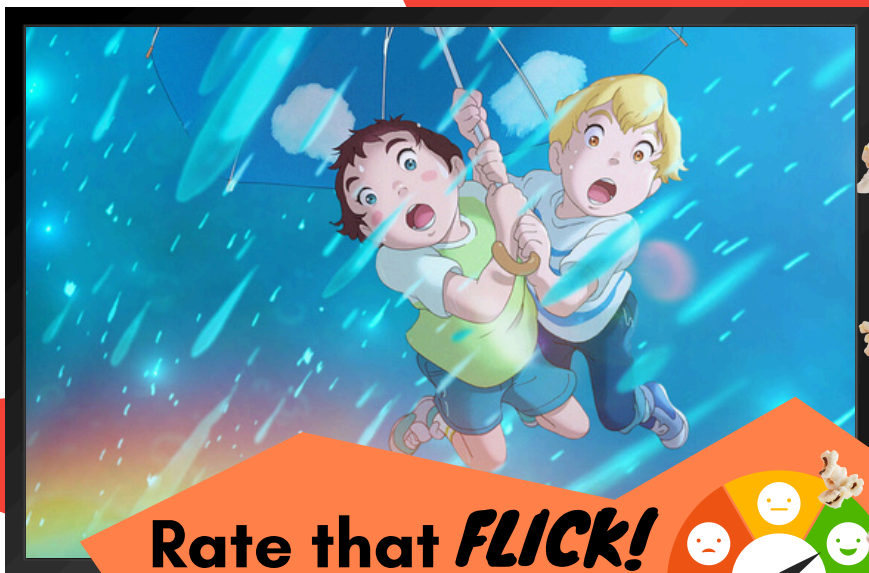
YC

AMBASSADORS

26th September 2024

Runs every last Thursday of the month

4:00 pm - 5:30 pm



Rate that *FLICK!*



Disney & Desserts saw us snacking on our favourite treats to a new Disney feature "Wish".

It was a thrilling twist of fate and magic.

We gave it a rating of ★★★★★

The **Anime Antics** feature can be found on Netflix

and left us pleasantly surprised. We gave it ★★★★★



Summer HIGHLIGHTS



BUZZING FOR AN ADVENTURE!

We cheered as a group of our amazing YCs went to explore the great outdoors with **Honeypot Children's Charity**. They had a lovely time frolicking on the swings and bonding through an assortment of thrilling activities.



Including meeting Honeypots many animal's and had a splash collecting seaweed at the beach!



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to see more
photos & info!

WHOSE LINE IS IT ANYWAY!?

Another successful **Create** workshop!

Our YCs summoned and unleashed their inner performer, displaying excellent teamwork and were energetic throughout the workshop.

We engaged in drama games including the social deduction game "Mafia" and "BIM, BAM, NAME" a fast paced memory game, which kept us all engrossed and motivated to showcase our acting prowess.



On the final day, we rehearsed our scripts and monologues, and even took a creative turn by crafting mini sets from cardboard boxes and other art materials to complement our original, handwritten scripts.

Wellbeing

CORNER

Being able to get into the right mindset can be quite the challenge, as well as keeping a growth mindset when we're in difficult situations. Below are two mindset boxes, a GROWTH and a FIXED one.

Before returning to education, jot down ways to improve your mindset or reflect on past negative thoughts and how you overcame them. Keep this as a reminder that you're AWESOME when times get tough!



“HOW CAN I CHANGE MY MINDSET?”

GROWTH



FIXED

to watch
a positive
video



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