

S&C

NEWS

A Network Partner of
CARERS TRUST



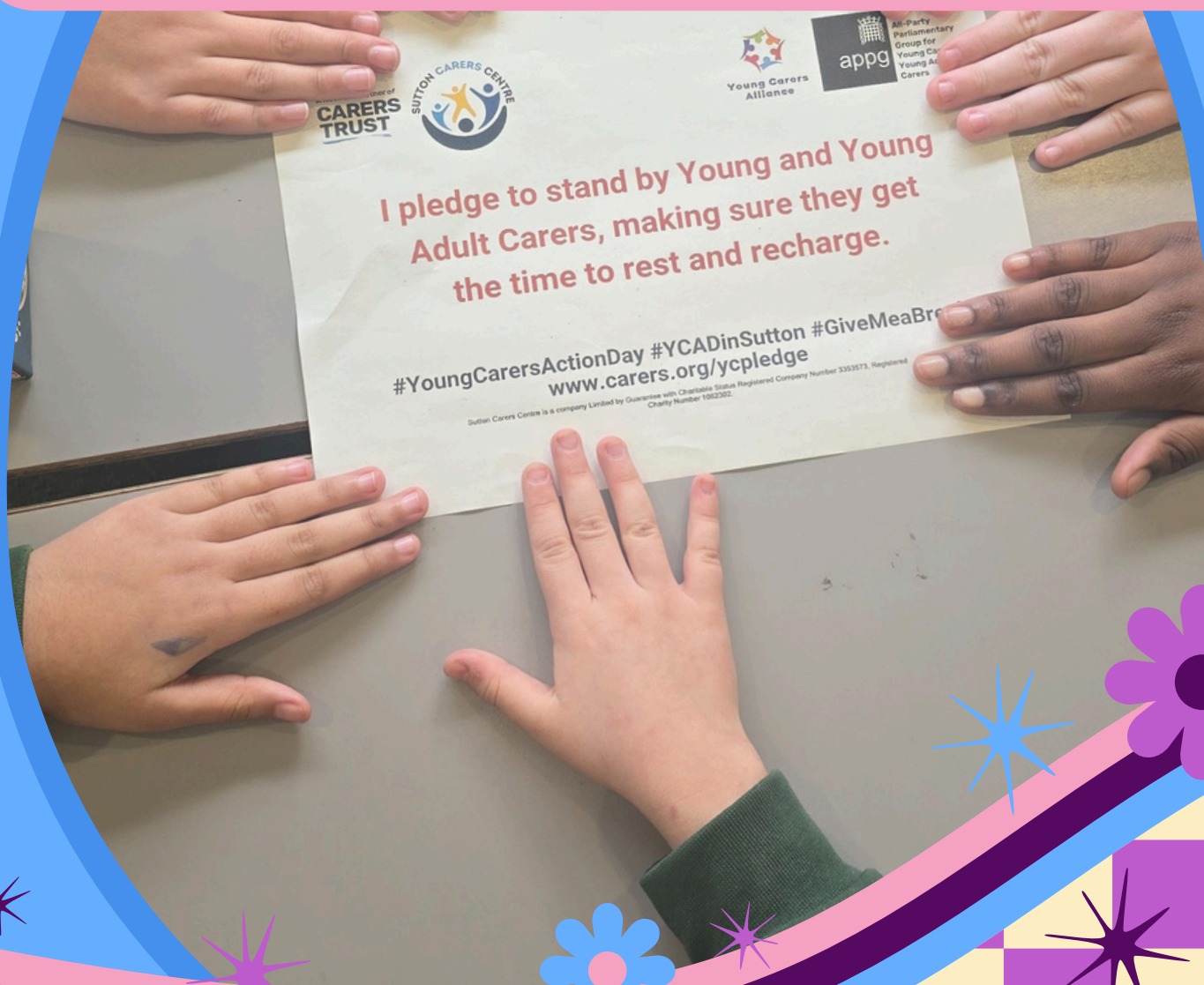
SUTTON YOUNG CARERS

APRIL 2025

The Voices & Vibrations of our Young Carers

A heartfelt thank you to everyone who pledged their support to give Young Carers a break!

#YOUNGCARERSACTIONDAY2025



to visit our
website!



@SuttonCarers



@SuttonCarersCentre



@SuttonCarersCentre



@suttonyoungcarers

ACTIVITIES UPDATE

YC CALENDAR

PEER SUPPORT

PS + - 14th May 2025

8-13 - 4th June 2025

14+ - 25th June 2025

18-25 Drop in - Every Tuesday

CHILL N' LEARN HOMEWORK CLUB

Returns Monday 12th May

Mondays (runs term-time

only) Ages: 8-18

3:30 pm - 5:00 pm

DISNEY & DESSERTS

Tuesday 27th May

3:30 pm - 5:30 pm

Ages: 8-14

Runs during school holidays

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

...

**YOUNG
CARERS**

@

**SUTTON
CARERS.ORG**



YOUNG CARERS ACTION DAY

The week of Young Carers Action Day was a week to remember!

We had loads of fun celebrating with our amazing Young Carers — and we even had a special visit from **Leader of the Council, Cllr Barry Lewis**, and a virtual drop in from **MP Bobby Dean**.

It was a great chance to relax, have fun, and spend time with our awesome Young Carers who inspire us every day.

We kicked things off by spitting bars at **Chill & Learn Homework Club**, with lyrical responses to this year's theme. Throughout the week, we visited local schools and **St Helier Hospital** to raise awareness and collect pledges in support of Young Carers.



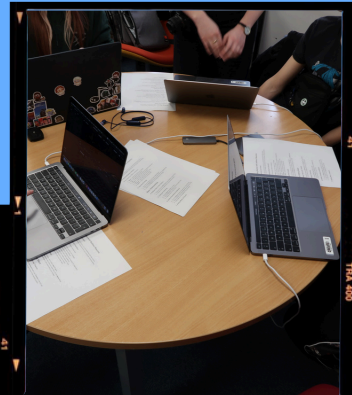
SPRING HIGHLIGHTS

LIGHTS, CAMERA CREATE!

Cameras and clapperboard at the ready our Young Carers got reel-y involved this February half term in the Create Arts Filmmaking workshop. The first day saw us developing our ideas, watching short films and taking to the streets to learn first hand about camera angles.

By day two, we had a clear vision to work towards, with each Young Carer seamlessly switching between roles—taking charge of direction, acting, storyboarding, and supporting others.

We ended the workshop with a mini showcase of our film which uses the theme of Young Carers Action Day—"Give Me a Break".



to read our
blog for
more info!

Rate that *FLICK!*

The Young Carers gave **Promare** a **4.5/5 rating**, and it's easy to see why! This high-energy anime delivers vibrant pastel colors, stunningly dynamic animation, and a unique take on firefighting—where mechs douse flames with water cannons in the most creative way possible.

If you love visually striking animation and mecha battles with heart, this one's a must-watch!

PG-13

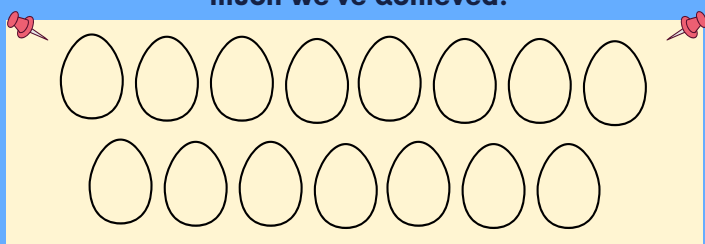


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WELLBEING CORNER



When we're chasing our goals or celebrating even the tiniest wins, it's easy to lose track of how far we've come. This Easter, let's use Easter Eggs as a fun reminder of just how awesome we are and how much we've achieved.



Colour in an egg for each achievement and don't forget to contact us to get your Easter Egg!

Good

Great

Outstanding

5

10

15

Big News WE'RE MOVING!



On April 25th, we'll be packing up our things and saying a big "see you soon" to our current space. Why? Because we're moving to a bigger, better Young Carers space on the 1st floor of Sutton Gate (1 Carshalton Road, SM1 4LE) – and we can't wait to welcome you there from May 6th 2025 at 10am!

Over the years, we've made so many amazing memories in our YC space – from laughs and snacks to chill chats and epic activities – and we'll always remember it fondly. But don't worry... the new space will be even cooler, with more room to relax, create, and just be you.

You'll find our new entrance just under the '1 Sutton Gate' sign – then just hop in the lift or take the stairs to the 1st floor to find us!

New space, same vibes – and YOU make it magic.

Rap Therapy!

I don't want to promise more than I can **give**
I only wish to ensure happiness you can **relive**

when can it be the time for **me**
removing the pressure, to be **free**

noises flying around the **room**
my responsibility traps me in a **tomb**

to not relax would be a **mistake**
finally, **give me a break**.

by a Young Carer Ambassador



Have a go at writing your own lyrics responding to the YCAD theme: Give Me a Break!