

Activities Booking Form (July– September 2018)

ACTIVITY	FOR AGES	DATE	TIME	PLACE	DESCRIPTION
Printmaking Workshop (3 days)	8-12	Tuesday 24 th , Wednesday 25 th and Thursday 26 th July	10:30am - 3:30pm	Sutton Carers Centre	Working with an artist from <i>Create Arts</i> , learn all about printmaking and create original pieces of artwork using different materials and printing techniques.
Young Carers Forum, Carers Trust Campaigning workshop	All Ages	Monday 30 th July	2:30- 4:30pm	Sutton Carers Centre	Wanting to become a campaigner or just curious about how you can make a change? For this quarter's Young Carers Forum, <i>Carers Trust</i> will be 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!
Ice-cream sundae making and Movie Afternoon	8-12	Thursday 2 nd August	11:30am- 3pm	Sutton Carers Centre	Come and design and make your own delicious ice-cream sundae with Asda's Community Champion, Tracey. This will be followed by a movie afternoon watching <i>Sing</i> . Lunch will be provided. In a town with no humans, just animals, a koala named Buster Moon realises he will soon lose his theatre if he cannot turn his luck around. He comes up with a plan to host a singing competition, where the winner will receive \$1,000. Will this be enough to return his theatre to glory?
Photography Collage Workshop (3 days)	13+	Tuesday 7 th , Wednesday 8 th and Thursday 9 th August	10:30am - 3:30pm	Sutton Carers Centre	You will learn how to take professional photographs and use collage to create original pieces of artwork using your printed pictures. This workshop may include a day trip out.
Young Adult Carers Peer Support (10 weeks)	15+	Starting Wednesday 8 th August	4:30 - 6:00pm	Sutton Carers Centre	This is a specialised Peer Support Group run by Young Adult Carers aged 15-25. Peer support will allow you to meet other Young Carers in similar circumstances to you, help you to think about your relationships, thoughts, wellbeing and understand more about health conditions.
'YC Chill and Learn'	All Ages	Mondays term-time only	4.00 – 5.30pm	Sutton Carers Centre	'YC Chill and Learn' is a space where you can receive support with homework and any worries about school. Internet access and printing available. Most importantly.....chocolate cookies available!
Day trip to Thorpe Park	11+	Either w/c 13 th August or w/c 20 th August Date tbc	All day	Thorpe Park	Come and join us for a day trip to Thorpe Park amusement park where there is something for everyone- from dodgems and water rides to white-knuckle rollercoasters!

The activity booking process is as follows:

- Contact us by email, text or phone with the activities you would like to attend. Please include your name, age, activity choices and any jokes you would like to submit for the Cool News.
- If you would like to attend more than one activity please let us know your activities in order of preference e.g. 1st choice, 2nd choice, 3rd choice etc.
- **PLEASE NOTE** activity places are allocated 1 week before the activity so please ensure you respond well in advance of this.
- If we are able to allocate you a place on your chosen activities, you will receive a text a week before the activity offering you a place. You will be asked to respond to this text with your name and either yes or no to confirm if you are accepting the place.
- **Please email your activity choices to:** valerie@suttoncarerscentre.org
OR text your name and activity choices to 07985 574 912
OR call on: 020 8296 5611 and ask for the Young Carers Team

‘YC Chill and Learn’ and Peer Support July-September 2018

‘YC Chill and Learn’		
Sessions run on Mondays 4.00pm-5.30pm at Sutton Carers Centre on the dates listed below.		
July	September	October
9	17	1
16	24	8
		15
		29
YC Chill and Learn will NOT be running during the school holidays and will break over the Summer holidays		

Peer Support 15+		
Sessions run on Wednesdays 4.30pm-6.00pm at Sutton Carers Centre on the dates listed below.		
August	September	October
8	5	3
22	19	17

Please let us know of any changes in school, telephone number or change in circumstances so that we have up-to-date information. *This includes, if for any reason, you no longer give consent for your child to feature in our Cool News or be in photographs.*

If you no longer wish to receive Cool News and you no longer wish to be registered with the Young Carers Service, please let us know by:

Emailing valerie@suttoncarerscentre.org

Calling: 020 8296 5611

OR texting 07985574912

Please make sure you let us know the Young Carer’s name and reason for wishing to no longer be registered.