

SCC News

October 2025



A Network Partner of
**CARERS
TRUST**

CONTACT US ON 020 8296 5611

Caring for you as you care for others

October



Our full Newsletter is sent by email, so if you have an email address you can subscribe to our digital edition which includes links and is also available on our website www.suttoncarerscentre.org

If not, please get in touch if you would like more information on any content, if we can help you access online material, or if we can print details for you.

We are open: Monday-Friday 10am-5pm, Tuesday until 8pm

At SCC we offer help with:

- Form Filling
- Benefit Checks and Cost of living / Debt advice appointments
- Emotional & Wellbeing Support
- Peer Support & Respite Groups
- Advice and access to grant funding

Carers Connect is our weekly Thursday social which can be attended online or in-person at SCC, with our upcoming Topical Talks as follows:



Moving & Handling Awareness **October 16th, 11am-1pm**

Join OT specialist for an opportunity to see simple pieces of equipment and techniques which can help make moving a person easier and safer for all, with advice and tips on supporting people to move and reposition.

Gain personalised advice to make your life safer and easier.



Carers Rights Workshop

November 20th, 11am-12.30pm
(extended Carers Connect session)

Join Citizens Advice Sutton CEO, Steve Triner on Carers Rights Day to learn about our Rights and discuss the theme "Know your rights, use your rights".

Messages from LB Sutton:

New Carers Partnership Board (CPB)

Sutton Carers Centre in partnership with the Council hosted a series of focus groups over 2024 and 2025 that helped to shape Sutton's Carers Strategy. To oversee the actions of the strategy, a new Carers Partnership Board (CPB) is being put into place. The CPB membership will include Carers alongside officers and professionals from across health and social care who helped to develop the strategy.

- Meetings will be every 6 weeks. These will mostly be online, virtual meetings and last between 1-2 hours during the day or twilight.
- Support to Carer Reps will be available, including: briefings before meetings to answer questions about agenda items and help put together any ideas you may have or contributions you'd like to make during the meeting.
- We are looking for Carer Reps from different backgrounds and types of caring, such as Carers looking after people with mental health conditions, Parent Carers, Young Carers.

Adult Carers Survey

Every two years, the national Government, through the Department of Health and Social Care, conducts a randomised survey of adult Carers. The 2025-2026 Survey of Adult Carers in England asks Carers for their views on the support they receive for themselves, the person they care for, and their overall quality of life. If you need help with completing your Survey, get in touch.

Ask us for more information on either of the above.

WELLBEING

Carers Connect Coffee Morning & Talks

Join us at SCC or online to take a break from your caring role to socialise with other Carers in an informal space every Thursday 11-12pm, with regular Talk Q&As (see activity page for dates).

Interested in wellbeing support or in-person Carers Positive Steps Wellbeing Workshops?
Please get in touch.

Have you joined one of our regular wellbeing sessions?

Mondays

Relaxation (in-person)

Fortnightly Tuesdays

Male Carers (in-person)

Thursdays

Carers Connect social (online or in-person!)

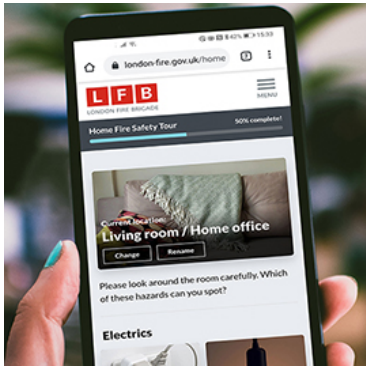
Wellbeing Tip of the Month

Take a moment

Think about or write down 5-10 things that mean the most to you and why

Explore some ways that you can engage more with what means the most





Sign up for a Fire Safety Check:

It only takes a few minutes to check your home and get tailored advice. You can use the Home Fire Safety Checker to alert the LFB that you (or the person you support) are vulnerable and would benefit from a Home Fire Safety check.

MONEY MATTERS



Cost of living and Debt Advice

If debt is already feeling like a burden or you are worried about your finances, our Citizens Advice Debt Expert is now available for face to face or phone appointments at 10am, 11am and 12pm **every Friday**.

Book via our website calendar or give us a call and we'll book you in.

Are you balancing work and caring



Do you support someone because of their physical or mental health, but also hold down a job? If you struggle to balance work with care duties, you can consider asking for a flexible working arrangement to assist you.

THIS MONTH'S WISH

Join the fun. We have created 12 wishes, one for each month of 2025. Help make a wish come true!

Our tenth wish is.... shopping!

Do you shop online? We are registered with a few platforms like Easyfundraising, who will literally give us money while you shop - at no cost to you!

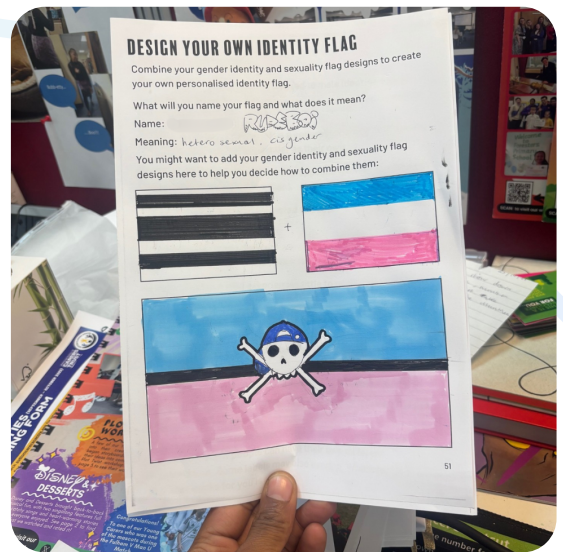
Find out more by visiting:

<https://www.suttoncarerscentre.org/fundraising-and-sponsorship>



YOUNG CARERS

👋 Our Young Carers are back to school after the summer break – and that means the return of Peer Support and Chill & Learn Homework Club! 🖍️ We've also kicked off the term with a fantastic wellbeing session alongside Free2b, where our LGBTQ+ and ally Young Carers explored gender identity and even designed their own vibrant flags. 🌈



And there's more good news to share... a little while back, Marcel was recognised with a Leadership Award from Jack Petchey, and he chose to celebrate by giving back – investing in a PS5 and a Nintendo Switch for our Young Carers. We're now buzzing to launch a brand-new Games club and can't wait to see our Young Carers dive in, laugh together, and get caught up in some friendly competition!

**8-13 Peer Support
First Wednesday of the
month 4-5.30pm**

**14+ Peer Support
Last Wednesday of the
month 4-5.30pm**

**Chill and Learn
Every Monday
3.30 -5.00pm**

Do you have a Young Carer in your Household?

The Young Carers News is available on our website, but if you need a copy or would like to register a young person to gain support, please contact us.

Upcoming groups & activities



RSVP where requested via our website or speak to a member of staff, otherwise just come along to SCC for blended or in-person sessions. If you need support to join online groups, give us a call so we can try to help.

MONDAY

Carer Relaxation Group - Join our weekly session for relaxation techniques, followed by tea and a chat.

In-person:
10.30-12.30pm
(excluding bank holidays)

TUESDAY OPEN UNTIL 8PM

Dementia Carers Peer Support Group -
Join other Dementia Carers for talk & support.
Not attended before? Speak to Dementia Lead Naomi.

Online: 11-12pm - October 7th and 14th
6.30-7.30pm - October 28th
In-person: 11-12.30pm - October 21st

Learning Disabilities Carers Support Group
(Facilitator - Karen)
Meet bi-monthly with other Carers of adults who have learning disabilities.

In-person: 10.30-12.30pm
November 25th

Male Carers Peer Support Group (Facilitator - Karen)
Come along for support, connection, and a space to share experiences welcoming and understanding environment where men who care for loved ones can come together, talk openly, and support one another.

In-person: 11am - 1pm
Next date: October 14th and 28th

WEDNESDAY

Parent Carer Peer Support Group
(Facilitator - Corinne)
We offer two groups a month (term time only) to give and receive support, share information, experiences and gain advice.

In-person: 10-11.30am
1st of the month (Oct 1st) - Carers of older young adults with extra needs.
3rd of the month (Oct 15th) for Carers of children with ADHD/ autism/ other extra needs.

Mental Health Carers Support Group
Monthly session with other Carers supporting a friend or family member experiencing a mental health condition.

Blended (online and in-person):
12.30-2.30pm - October 15th

FRIDAY • THURSDAY

Carers Connect Social Group (Facilitator- Nick) - Take a break to socialise any Thursday 11-12pm

Blended weekly (online and in-person) with Let's Talk sessions:

October 16th - Moving and Handling Awareness (11am -1pm)

November 20th - Carers Rights - Know your rights and how to use them (11am - 12.30pm)

Check our website for more dates coming soon!

Debt & Cost of Living Appointments
For debt, benefit, employment, consumer, pension advice or energy issues.

Select 10am, 11am or 12pm appointment in-person or by phone.



Our Newsletter is emailed on a monthly basis, so if you start using an email address, please let us know.

Our newsletter is also available on our website blog

www.suttoncarerscentre.org/blog

and our printable version (like this one) can be collected from us at:

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