

To book your space at any of the groups and events featured below, please call: **020 8296 5611** or email: Chiara at communications@suttoncarerscentre.org unless stated otherwise. To book all **South West London and St George's Mental Health NHS Trust** events, please email involvement@swlstg.nhs.uk. To book all **Don't Tone Alone** sessions, please email info@donttonealone.co.uk.

To book the Sutton Parent Carer Forum lunch, please email suttonparentsforum@outlook.com.

For more information on **Carers Week 2022** please visit our website: www.suttoncarerscentre.org/carers-week.

MONDAY 6th

OPENING DAY:

**London Borough of Sutton
Creative Arts Display
Every day, 9am - 8pm**

Visit the incredible showcase of artwork produced by Adult, Parent, and Young Carers at Sutton Central Library on Level 2. Please see below for more details.

**Launch of the new
London Borough of Sutton
Carers Week Banner
All week**

Visit the Civic Offices to see the banner celebrating Carers.

**Epsom & St Helier University
Hospitals NHS Trust
Information Stand at
St Helier Hospital
10am - 4pm**

Say hello to the team and pick up one of their information packs, helpful for both Carers and hospital staff.

**'A Time to Relax' - Carers
Meditation Group
10:30am - 12:30pm**

Clear your mind with other Adult Carers in this supportive relaxation group.

**SWLStG Mental Health NHS
Trust Carers Week Launch
12pm - 2pm**

An in-person, open-door Q&A session to explore the idea of a new Staff Carer Network.

**Mayor of Sutton's Reception
12:30pm - 2:00pm**

To honour Carers of all ages, Sutton's Mayor **Cllr Trish Fivey** and Deputy Mayor **Cllr Colin Stears** will be hosting this lunch-time reception.

**Young Carers 'Chill & Learn'
4pm - 5:30pm**

A Carers Week special, over homework, relaxation and connecting with other YCs.

TUESDAY 7th

**Sutton Carers Centre
Wellbeing 'Open House'
10am - 8pm**

We are opening up the Centre and will be offering information & advice on our services, as well as some local partners, to support your wellbeing. All Carers and their family members are welcome to pop in to say hello to fellow Carers, staff and volunteers, no appointment necessary. We will be having some partner professionals join us throughout the day and evening, too. There may even be a few small treats to make you feel good!

**Carers Health Checks
10am - 1pm**

As part of the Wellbeing 'Open Day' we will be offering bookable NHS health checks for Carers between 10am - 1pm. Please **book your slot ASAP**.

**Don't Tone Alone &
SWLStG Wellbeing
Session on
Self-Compassion
12pm - 12:50pm**

Chris from Don't Tone Alone will be running an online session for Carers/staff Carers. This webinar will take participants through a simple framework of self-compassion, defining what it is and how it can be implemented in everyday life.

WEDNESDAY 8th

**London Borough of Sutton
Carers Week Creative Arts
Display - Meet the SCC
Team
10am - 2pm**

Come and meet some friendly faces from the team on Level 2 at Sutton Central Library. They will be on hand to offer information & advice and to tell you more about the amazing pieces of art!

**Don't Tone Alone & SWLStG
Wellbeing
Session on Enerchi
10am - 11am**

Chris from Don't Tone Alone will be running an online session for Carers/staff Carers on Enerchi. This will offer an inclusive approach to gentle exercise.

**SWLStG Recovery College
Courses: Your Role in
Recovery
12:30pm - 2:30pm**

Join this informative course run by the Mental Health Recovery College.

**Young Carers 18+
Virtual Peer Support
4pm - 5:30pm**

A space to meet, reflect & focus on your wellbeing with other YACs.

**SWLStG Carer Peer
Support Recognition
Group Launch
7pm - 8:30pm**

Join SWLStG at the launch of their brand-new, weekly online group for Carers. It is a small, friendly group for parents caring for someone with a mental health issue.

THURSDAY 9th

**SWLStG Recovery College
Courses: Navigating
Support Services
10:30am - 12:30pm**

A specialised course that will help you to understand the mental health system.

**'Carers Connect'
11am - 12pm**

Join us for a virtual Coffee Morning to connect & socialise with staff, volunteers and other Carers.

**Sutton Parent Carer
Forum Lunch
12pm - 2pm**

SPCF is delighted to invite ALL Sutton Carers to an outdoor lunch to celebrate Carers Week.

**Government VIP Visit
Lunch-time**

To be confirmed closer to the day, please watch this space for details of a potential special visitor.

**Don't Tone Alone &
SWLStG Wellbeing
Session on Nutrition &
Weight Management
2pm - 3pm**

Chris from Don't Tone Alone will be running an online session for Carers/staff Carers. This session will offer Carers the tools to eat healthily.

**Young Carers
Ambassadors
4pm - 5:30pm**

Join other Young Carers who are equally passionate about championing the rights of Young Carers and raising awareness of the impact of caring.

FRIDAY 10th

**Dementia Carers
Peer Support Group
11am - 12pm**

If you support someone living with Dementia, then please join this friendly group where you can meet other Carers, share your experiences, and hear from guest speakers on topics of mutual interest.

**SWLStG Picnic in the Park
12pm - 3pm**

To round off Carers Week and celebrate the valuable role of Carers, SWLStG would like to invite all local Carers, families and friends of people using mental health services across the SWLStG area to a free fun picnic at Modern Hall Park. Meet and connect with other Carers and enjoy the wonderful National Trust surroundings.

**Don't Tone Alone &
SWLStG Q&A on 'What does
Sustaining a Balanced &
Healthy Life look like?'
1pm - 2pm**

Join this open platform Q&A, which will also include a gentle exercise session hosted by Chris from Don't Tone Alone that will help to build movements into everyday life.

**Make caring
Visible, Valued
and Supported**

Carers Week
6-12 June 2022



WHAT IS HAPPENING THROUGHOUT THE WEEK?

The London Borough of Sutton Carers Week Creative Arts Display will be open to the public during the week at Sutton Central Library on Level 2, above the Civic Offices, St Nicholas Way, 9am - 8pm, Monday - Thursday and 9am - 5pm Friday and Saturday. This will be a showcase of various types of art and photography, including oil paintings, poetry, embroidery and woodwork. All pieces have been created by Adult Carers, including Parent Carers, as well as Young Carers throughout the year, representing what caring means to them.

The London Borough of Sutton's new Carers Week Banner will be positioned proudly outside the Civic offices throughout the week, so please do take a look as you pass by.

South West London & St George's Mental Health NHS Trust are welcoming Carers to meet their Carers Champions over a cuppa (and a biscuit). Slots will be available everyday during the week. Times to be confirmed or please contact them for more details.

Epsom and St Helier University Hospitals NHS Trust will be providing their staff across all sites with information packs to help them better identify, involve and support Carers, as well as how to receive support themselves if they are juggling caring alongside work.

WHAT'S HAPPENING OVER THE WEEKEND?

SATURDAY 11th

Saturday at Sutton Carers Centre 11am - 1pm: Join us for a drop-in support, information and advice session - open to all Sutton Carers!

WHAT ARE YOU DOING FOR CARERS WEEK?

The calendar is very full, but there's always room for more partner events. If you are setting something up, then please let us know and we will add it into our online Sutton and National Carers Week calendars. Please send details to Chiara: communications@suttoncarerscentre.org as soon as possible so we can spread the word.

For the latest information, please keep an eye on our Twitter @SuttonCarers, Facebook @SuttonCarersCentre, YouTube @SuttonCarersCentre and Instagram @suttonyoungcarers, plus our website: www.suttoncarerscentre.org/carers-week. Please also share messages through your own social media channels, websites and newsletters to 'make caring visible, valued and supported'.