



Sutton Carers Centre

Sutton Carers' Centre (SCC) is an independent Charitable Company as well as an active Network Partner with *Carers Trust* (formerly *Princess Royal Trust for Carers*), and one of the first Carers Centre in the UK, founded over 30 years ago. SCC also is an Affiliate Member of *Carers UK*.

A Carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, someone who could not manage without this help. This could be due to disability, physical or mental illness, or substance misuse issues. Carers also can be children or young people who help care for a parent or sibling. Carers often juggle work, school or other commitments alongside their caring roles.

Sutton Carers' Centre provides advice, information, support and time out to Carers living, caring, working and/or studying in the London Borough of Sutton.

The vision of Sutton Carers Centre is for communities in which every Carer is recognised and respected as an individual and can get the support they need and assurance that they are not alone.

The mission of Sutton Carers Centre is to support Carers (and their families) to improve their health, wellbeing and quality of life by:

- Reaching out to every Carer in the London Borough of Sutton
- Helping each Carer to understand their rights and get their voice heard
- Working with and for each Carer, respecting and responding to their individual skills, experience and choices

Our Values:

- Respect: for Carers and their individual views and skills, for staff and volunteers and for those with whom we work in partnership.
- Sensitivity: valuing difference and contributions from all, working together as a creative, harmonious team.
- Delivery: committed to quality support and making change happen in a planned professional and appropriate manner.

Services provided by SCC are both Centre and community-based, including some evenings and weekends, and are delivered by telephone, face-to-face in person or online, or via email and messaging. These include:

- specialist advice, information, support, breaks, training and advocacy regarding all issues affecting Carers, including income maximisation and benefits advice



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- individual, family and group psychological therapies and emotional wellbeing support including peer support, and self-development workshops and related opportunities
- social activities and short-term breaks including complementary therapies
- regular newsletters and information bulletins for both Adult and Young Carers

We are a founding member of the *Sutton Together* Consortium, and through this, are one of the charities in the *Together for Sutton* delivery partnership, led by Community Action Sutton. This funding is from our local Council, with input from Health colleagues, and is core to us sustaining services to Working-age Carers, Older Carers, Young Carers and Young Adult Carers, as well as an enhanced single access point for residents.

As well as additional Council, Health and Better Care Fund monies, we have funded partnerships with other Carers Centres, and with local partners such as Citizen's Advice Sutton and Age UK Sutton, for example. We also have enjoyed funding relationships with City Bridge Foundation, BBC Children in Need, Lloyds Bank Foundation, Co-op, Jack Petchey Foundation and Carers Trust, amongst others. A significant and long-standing partner and funder is our local Mental Health NHS Trust, South West London and St George's. We are most grateful to benefit from donations and support-in-kind from our generous local community and several charitable trusts, too.

The Centre is governed by a Board of Trustees and Directors and employs or hosts the following full and part-time staff (from 4 – 40 hours per week):

- Chief Executive
- Director of Service Development, Quality and Impact
- Finance and Payroll Lead
- Centre Co-ordinator
- Business Support Manager
- Senior Manager - Adult Carers Information, Advice and Support
- Senior Manager – Young Carers and Adult Carers Wellbeing Support
- Team Leader - Carer Peer Support (Adult Mental Health)
- Team Leader – Income Maximisation (including Mental Health)
- Team Leader – Young Carers (including Education)
- Team Leader – Adult Carer Wellbeing (including Talking Therapies)
- Adult Carers Senior Support and Development Worker (including Dementia)
- Adult Carers Senior Support and Development Worker (including Communications)
- Adult Carers Peer Support Workers – Mental Health x 2



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- Adult and Young Carers – Information, Advice and Support Workers x 2 (including Hospital Outreach)
- Young Carers Engagement and Support Worker
- Young Carers and Young Adult Carers Activity Worker - Intern
- Carers Specialist Support Worker (End of Life Care)
- Carer Wellbeing Navigators x 2
- Senior Benefits and Cost-of-living Advisers x 3 (partnership with Citizen's Advice Sutton)
- Sessional Support and Supervisors
- A team of volunteers who support the work of the Centre

As the main Carer-led organisation for Sutton, Carers' Centre staff also represent Carers on strategic and planning groups locally whilst actively encouraging and supporting Carers to be involved in decision-making processes as well as community life. This includes being one of three local Voluntary and Community Sector organisations appointed to the Sutton Place Partnership Board.

We also work to improve recognition, respect, and support services for Carers and their families nationally and internationally.

vMarch 2026

