

## CARERS' COFFEE AND LEARNING SPRING TERM

Welcoming Sutton carers of  
Children in Care | Previously Looked-After | Special  
Guardianship | Adopters | Kinship Care

Join us for a themed discussion and get advice about the children you care for. Meet other carers and have some time to ask questions. Education and therapeutic specialists will be on hand to answer questions and offer advice.

**30/01/25 - 10:30-12:30pm**

**Supporting young people who have anxiety, PDA or neurodivergence** - led by *Therapeutic Specialist*

**Where:** The Cabin, Sutton Family Centre, SM1 2SD

**25/02/25 - 1.00 - 1:45pm**

**Early Years and Primary: Promoting life skills and learning at home** - led by *Sutton Virtual School Advisor*

**Where:** Virtual session - link provided on sign up

**25/02/25 - 2.00 - 2:45pm**

**Secondary: Promoting life skills and learning at home** - led by *Sutton Virtual School Advisor*

**Where:** Virtual session - link provided on sign up

**20/03/25 - 10.30 - 11.45am**

**Foster Carers' session on behaviour, helping to regulate and manage emotions** - led by *Therapeutic Specialists*

**Where:** The Cabin, Sutton Family Centre, SM1 2SD

**20/03/25 - 12 - 1.15pm**

**All other Carers' session on behaviour, helping to regulate and manage emotions** - led by *Therapeutic Specialists*

**Where:** The Cabin, Sutton Family Centre, SM1 2SD

Scan the QR code or click [here](#) to sign up to these events



Any questions please contact Hannah Miles - Extended Duties Education advisor - [hannah.miles@cognus.org.uk](mailto:hannah.miles@cognus.org.uk)

## CARERS' COFFEE AND LEARNING SUMMER TERM

Welcoming Sutton carers of  
Children in Care | Previously Looked-After | Special  
Guardianship | Adopters | Kinship Care

Join us for a themed discussion and get advice about the children you care for. Meet other carers and have some time to ask questions. Education and therapeutic specialists will be on hand to answer questions and offer advice.

**17/06/25 - 1.30-2.30pm**  
**Supporting young people with transitions with school and placements-** *led by Sutton Virtual School Advisor*

**Where:** Virtual Session - link provided on sign up

**04/06/25 - 10.30 - 12.30pm**  
**Promoting Cultural Differences / Life story work** - *led by Therapeutic specialists*

**Where:** The Cabin, Sutton Life Centre, SM1 2SD



Scan the QR code or click [here](#) to sign up to these events

Any questions please contact Hannah Miles - Extended Duties  
Education advisor - [hannah.miles@cognus.org.uk](mailto:hannah.miles@cognus.org.uk)

## **CARERS' COFFEE AND LEARNING LOCATION**

Some of our events are in person at:  
**The Cabin, Sutton family Centre,  
SM1 2SD**

**ADDRESS: THERAPY HUB, SUTTON  
FAMILY CENTRE, SUTTON WEST CENTRE,  
ROBIN HOOD LANE, SUTTON, SURREY,  
SM1 2SD**



**THE THERAPY HUB IS A PORTACABIN ON  
THE GROUNDS OF THE SUTTON FAMILY  
CENTRE SITE.**

**THE SUTTON FAMILY CENTRE IS  
LOCATED NEXT TO LIMES COLLEGE,  
JUST OFF OF ROBIN HOOD LANE IN  
SUTTON.**

**PARKING: THERE IS NO PARKING  
AVAILABLE ON-SITE**

To the left hand side of the Sutton Youth Centre is a Green sign, directing you to walk down the road to access three buildings: The Limes, Behaviour Support and Sutton Family Centre. Please walk down the side-road

On the right hand side is a large railing, through which you can see a large green space and a single storey building. That is the Sutton Family Centre, and the Therapy Hub is the portacabin on the right hand-side of the grass.

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Walk to the gate on the far left hand side of the garden and press the buzzer. You will then be let on to the Family Centre site.

Please then follow the signs for the Therapeutic Hub/ Therapy Hub