



# Connecting Young Carers Nationwide

We are giving you the opportunity to meet (virtually) other Young Carers from different parts of the country to help raise awareness, reduce loneliness and isolation and give you a voice

It's competition time.....

You can use any method you like to express yourself:

Painting, Poetry, Drawing, Model Making, Baking, Photography etc

Something that shows what **STRENGTHS & SKILLS** you have used during these last few months in lockdown

It's up to you....

Get Creative, Let Your Imagination Fly!



--- PRIZES TO BE WON ---

Join us on Zoom to show us what you've done on

**Sunday 13<sup>th</sup> September @ 5.00pm**

(The Zoom link will be sent out closer to the time - so get in touch with your support worker to enter)

Closing date: Friday 11<sup>th</sup> September 2020

Take pictures of your entry and return to your support worker via

Whatsapp / Picture Message

Or email to:

[hub@carerstrustem.org](mailto:hub@carerstrustem.org)

For more information please ring 0115 8248 824

We look forward to seeing your creations!