

YOUNG CARERS SUPPORT UPDATE

We are here for telephone support and social distanced walks. Please get in contact, we're in this together.

Call the hub on **0115 824 8824** to be put in contact with your support worker.

OPPORTUNITIES

No advent calendar? Or just fancy making one...
Check out this link - my favourite is the one made from toilet rolls!



<https://www.mykidstime.com/things-to-do/12-easy-homemade-advent-calendar-ideas-kids/>



MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can try and make an important shift and face it. You'll find on here strategies to manage worry, panic and conflict. It also contains relaxation exercises.

<https://healthyyoungmindspennine.nhs.uk/resour.../.../mindshift/>

ONLINE GROUPS

BINGO!

Your favourite has returned again!!

Vouchers to be won!

We will send you a zoom link closer to the time for you to join ☺

Day and time: Tuesday 8th December @ 4:30pm

Also it's the start of the Connecting Carers weeks...

Here are the list of activities coming up!

Tai Chi Session Friday 11th @ 6.00pm - 7.00pm

Live cook-a-long session with Cara & tips on nutrition, (ingredients & recipe available on request)

Saturday 12th @ 1.00pm - 2.00pm

Meditation Session, Sunday 13th @ 5.00pm - 6.00pm

Improving Confidence and Self-Esteem with Nottinghamshire FITC Monday 14th @ 4.30pm - 5:15pm

Art Class with Coral, Thursday 17th @ 6.00pm - 6:30pm

Dance Class with Annabelle Saturday 19th @ 3.00pm - 3:30pm

I hope we see you there!

Take care everyone

From the

Young Carers Team



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TuVida is formerly known as Carers Trust East Midlands. We are a Carers Trust Network Partner.

