

# YOUNG CARERS SUPPORT UPDATE

Outdoor cinemas are back with safety measures in place, why not check on these links to see what's on...



<https://www.adventurecinema.co.uk/venues/wollaton-hall>  
<https://www.sunsetcinema.club/>  
<https://www.visit-nottinghamshire.co.uk/whats-on>

**REMINDERS FOR HARD DAYS** WHOLEhearted SCHOOL COUNSELLING

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *PheW.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control. Let go of the rest. *This is easier said than done.*

<https://www.facebook.com/UnanaPsych/>

# GROUUPS

Who fancies an adventure day!?



See the attachments on your email for the information

There will be also be an online group next month

Take care all



From the  
**Young Carers Team**

**TuVida** Nottinghamshire  
**Young Carers**  
Service

T: 0115 824 8824

E: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

[www.tuvida.org](http://www.tuvida.org)

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



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