

# YOUNG CARERS SUPPORT UPDATE

---

Self-esteem is how you think and feel about yourself. It isn't just about how you look, but also how confident you feel in who you are. If you are struggling with your self-esteem, Youngminds have some tips that can help you feel better

**"You are amazing, unique, and you have brilliant talents that no one else has."**

Lotte

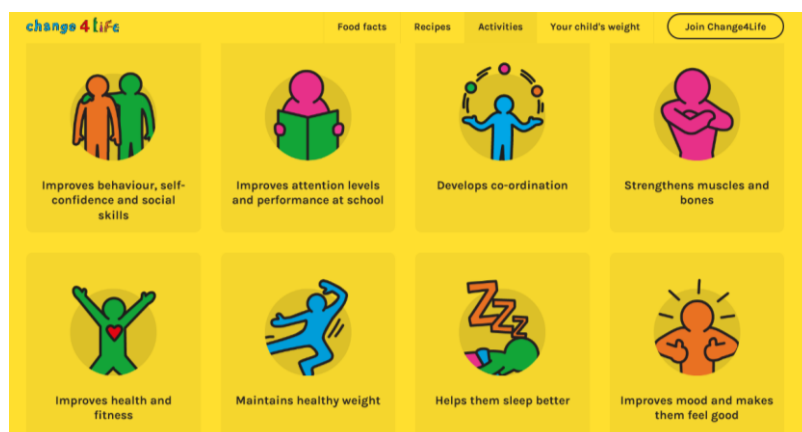
[https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/?utm\\_source=e-newsletter\\_june\\_2021&utm\\_medium=email](https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/?utm_source=e-newsletter_june_2021&utm_medium=email)

Young Minds Youth Panel puts young people's voices at the heart of everything we do. Find out more about the panel and how you can join...

**"I'm proud that YoungMinds genuinely uses the voice of young people to guide their approach as a charity and change the misconceptions around mental health."**

Alex, Youth Panellist

[https://youngminds.org.uk/get-involved/join-the-movement/youth-panel/?utm\\_source=e-newsletter\\_june\\_2021&utm\\_medium=email](https://youngminds.org.uk/get-involved/join-the-movement/youth-panel/?utm_source=e-newsletter_june_2021&utm_medium=email)



<https://www.nhs.uk/change4life/activities>

# GROUPS

It's Walesby adventure day this Saturday!

I hope those that are booked on are looking forward to it!



Have a lovely weekend 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.



Charity registration number 1051649. Registered with the Care Quality Commission.  
East Midlands Crossroads - Caring for Carers is a company limited by guarantee registered in England & Wales, registration number 3128681. Registered office: 19 Pelham Road, Sherwood, Nottingham NG5 1AP.