

# YOUNG CARERS SUPPORT UPDATE

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Coming out of the COVID pandemic, our main focus is restarting our face to face support groups, activities and outings for young carers. We are also going to keep some virtual groups and activities running too. We're looking forward to seeing more of you as this year progresses.



It's ok to feel lonely, particularly at a time like this. Don't suffer in silence, we can all help each other stay connected.

This week was Loneliness awareness week - it could be you or someone you know that might be feeling lonely. It's important to speak up to someone you trust for support, whether it's a family member, a professional or a friend.

Also keep an eye out for anyone else feeling lonely, a small way of showing you are thinking about them like a letter or a smile can make someone's day.



Rainy day challenge!

The clue is in the name - everyone has plastic cups lying around from old parties, if not you can pick them up cheap from most shops!

See how tall you can get your stack of cups!

For an extra challenge stack your cups without using your hands!

# GROUPS

We have our third space event this coming Monday...  
We're looking forward to seeing those of you that have registered.  
This one is focusing on the exploration of space!



Have a lovely weekend all 😊

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



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