

YOUNG CARERS SUPPORT UPDATE



“ When sitting in a group, I started to find myself feeling uncomfortable, even when I was with people I would usually feel comfortable around.”

<https://youngminds.org.uk/blog/the-best-tips-for-managing-anxiety-i-learnt-in-therapy/>

Love Reading? Fancy something new and free to read?

You can pick what age range you are and check out what they have on offer!

**Free Kids
Books**

books **blog** about more

<https://freekidsbooks.org/>

GROUPS



Ready for some Canoeing!?

We are doing this across all areas so keep an eye out for your poster being emailed through...

Make sure you book a spot!

We're looking forward to seeing you and your water skills!



From the
Young Carers Team

TuVida Nottinghamshire
Young Carers
Service

T: 0115 824 8824

E: nottinghamshirehub@tuvia.org

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

www.tuvia.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.