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://voungminds.org.uk/blog/the-best-tips-for-managing-anxiety-i-learnt-in-therapy/

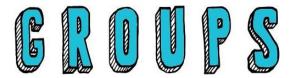
Love Reading? Fancy something new and free to read?

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

Free Hids Books

books blog about more

https://freekidsbooks.org/





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**



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





