

YOUNG CARERS SUPPORT UPDATE

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

They have a really supportive network especially for **young carers** too.



<https://www.themix.org.uk/search/young+carer>

Steps to build your own den

Maybe you've got some old rope in the shed, a couple of blankets in the cupboard, or some bamboos in the shed... Well, here are some ideas for what to do with them.

Follow this link for the rest of the steps on how to make a top notch den!



<https://www.edenproject.com/learn/eden-at-home/how-to-build-your-own-den>

GROUPS



We've had some groups already, there's a few more to go!

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@tuvida.org

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

www.tuvida.org

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



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