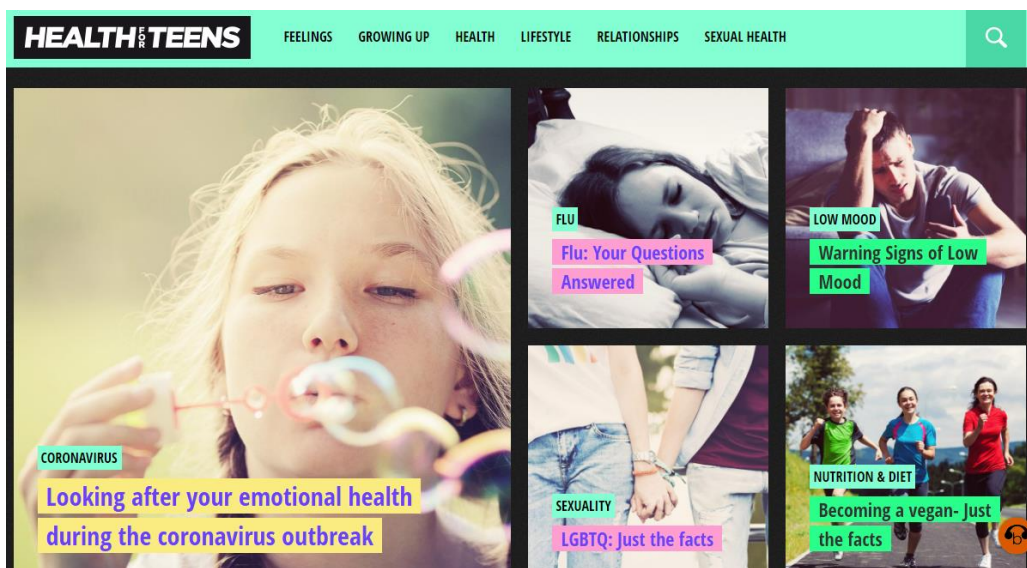


# YOUNG CARERS SUPPORT UPDATE

There is a website if you don't already know for **kids** and **teens** within the family services in your area, they have a wide range of support on there that can make a real difference. There is also a confidential text service for **parents** on parenting advice, support, emotional wellbeing and much more.



<https://www.healthforteens.co.uk/>  
<https://www.healthforkids.co.uk/>  
<https://www.nottinghamshirehealthcare.nhs.uk/parentline>

Check out what we got up to in the last virtual group, we didn't make ours 3D but you can!  
Follow the link for steps to get creating



<https://craft.ideas2live4.com/2015/05/09/cereal-box-letters/>

# GROUPS

It was Fantastic seeing some of you come and conquer some fears this past week!



We will have another online group and adventurous activity for you to try next month

Take care all 😊

From the  
**Young Carers Team**

Nottinghamshire  
**TuVida 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.