

YOUNG CARERS SUPPORT UPDATE

Easter is round the corner and we all know what that means – CHOCOLATE!
If you fancy making something easter themed why not try these cookies...
There's loads of different ones to choose from I think my favourite are these!

#6. Bunny Butt Cookies



How insanely adorable are these Bunny Butt Cookies from Pillsbury?! Make your own cookies (we've a [recipe here](#)) or use shop-bought cookie dough.

<https://www.mykidstime.com/food-and-recipes/10-cute-easy-easter-cookies-kids-love/>

**Numbers and helplines to call
if you're struggling or need
someone to talk to:**

Samaritans:
Phone - 116 123 (24hr and free)
Email - jo@samaritans.org

Mind infoline:
Phone - 0300 123 3393 (9am to 6pm mon-fri) or text 86463
Email - info@mind.org.uk

Side by side:
Website - <https://sidebyside.mind.org.uk/about>

Shout
Text - 85258

Text 'HOME' to 741741 and a crisis counsellor will text you and it's free

GROUPS

Easter cheesecake

Let's get our bake on with something totally delicious!

Thursday 14th April 2022 @ 4:00pm

You will need the following ingredients:

- 1 chocolate Easter egg, halved.
 - 15g butter
 - 85g digestive biscuits
 - 200g cream cheese
 - 35g caster sugar
 - 100ml of double cream
- + any Easter treats of your choice to decorate 😊



This is a virtual group and the zoom link will be sent closer to the time.

Keep a look out for the posters of upcoming events... I've heard Easter egg hunts are on the cards...

Take care all 😊

From the
Young Carers Team

Nottinghamshire
TuVida 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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