

YOUNG CAREERS SUPPORT UPDATE

We are here for telephone support and social distanced walks. Please get in contact, we're in this together.

Call the hub on **0115 824 8824** to be put in contact with your support worker.

We made brownies at the group this week, check these out! If you want to try them they are so easy with only 4 ingredients! Link is below if you'd like to try...



<https://spicecravings.com/4-ingredient-brownies>

Did you know you can create invisible ink with **LEMON JUICE?!**
All you'll need is the below, follow the link for how to do it!



Half a lemon
Water
Spoon
Bowl
Cotton bud
White paper
Lamp or other light bulb

<https://www.sciencekids.co.nz/experiments/invisibleink.html#:~:text=Mix%20the%20water%20and%20lemon,close%20to%20a%20light%20bulb.>

ONLINE GROUPS

Transform your Wellbeing

We have two workshops being held next Tuesday looking at your wellbeing
All you will need is yourself, pens/pencils/colours and some paper.
They did a similar session with Hip Hop the other week and it was fantastic!

Tuesday 23rd February
@ 4:30PM! - 7-12 year olds
@ 7:00PM - 13-18 year olds

We will send you the Zoom link next Tuesday!

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.



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