

YOUNG CARERS SUPPORT UPDATE



This is the longest list we've ever seen of things you can try in the summer holidays...

Some you might need to google on how to do them but there is some great ideas!

<https://www.fyt.org.uk/v2/wp-content/uploads/well-over-100-things-to-do-with-yp.pdf>

ThinkNinja is a free app for 10- 18year olds, with loads of content on anxiety -They also have content to bring help and advice to any anxiety related issues.

From emotional wellbeing and resilience support to more complex assessment and intervention care needs, they have a range of services to support children, young people and their families.



<https://www.healios.org.uk/services/thinkninja1>

GROUPS

Go Ape High top adventure plus!



Come join other young carers, explore some heights and test your nerves!

Don't forget to book a spot 😊

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



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