

# Young Carers Activity Session

Are you a Young Carer living in the Breckland Area?

If so, why not come along to our Activity session, hosted by our friendly Youth Workers, where you can:

- Meet up with other **Young Carers**
- Take some time out from your caring role to focus on your **Wellbeing**
- Participate in a range of **Activities**
- **Make** and **Eat** healthy snacks
- Have **Fun**

**Wednesday 21<sup>st</sup> August**

Watton Sports and Social Club  
Dereham Rd, Watton IP25 6EZ

**Age 5-11 years: 11:00am-1:00pm**

**Age 12-19 years: 1:30pm-3:30pm**

If you would like to attend this session, or find out more, please contact Hannah or Gemma:

[hannah@mtmyouthservices.org.uk](mailto:hannah@mtmyouthservices.org.uk) or 07379 685233

[gemma@mtmyouthservices.org.uk](mailto:gemma@mtmyouthservices.org.uk) or 07415 194468

or contact the **Carers Matter Norfolk Advice Line**  
on **0800 083 1148**

