

South Norfolk and surrounding area

# Young Carers Activity and Information Day

For Young Carers in School Years 8 – 10

Saturday 21<sup>st</sup> September, 10:30am -1:30pm

Hethersett Jubilee Hall

Come along, meet other Young Carers, and take part in different activities including **games, mindfulness, wellbeing,** and **cooking.** Take some time to relax

too!

- Have fun
- Health information
- Find out about other groups



**Free,** with  
light lunch  
and drinks

Places are limited and must be  
booked in advance. For more  
information, contact

Emma on 07760 283864 or  
[emma@mtmyouthservices.org.uk](mailto:emma@mtmyouthservices.org.uk)

