



# YOUNG CARERS



This summer we will be running a free Young Carers Fun Day on Wednesday 14<sup>th</sup> August, 10am – 3pm at Acle War Memorial Recreation Centre, Acle, NR13 3RA.

If you are aged between 5 & 15 and look after a member of your family due to a disability, illness, mental health issue or substance misuse and would like to meet other young carers and have some fun, please contact us on 01603 219924 to find out more.

Lunch and refreshments will be provided – Limited spaces available -  
Booking is essential!

With thanks to Towergate Insurance Brokers and Aviva Community Fund - Great that both organisations are supporting young carers in Norfolk.