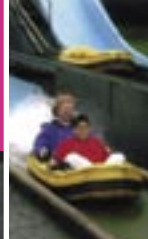


CHRISTMAS MAKES
YOU DO **CRAZY THINGS**



GREAT DAYS OUT
ENJOYED BY ALL



YOUNG

CARERS!

All the
information
and contact
details you
need



A special bit for the
**younger
carers** 😊

p11-14

More than
2000

young carers
in Norfolk

Find out the facts

In Westminster
to meet the
**Children's
Commissioner**

Great
spot the
difference
and
wordsearch

Norfolk Young Carers 2006

Find out what young carers have been up to
PLUS what's happening in the coming months



Norfolk County Council



Welcome to this year's magazine – the place for Norfolk's Young Carers to have their say about the things that are important in life. There are sad stories, happy stories and lots of fun and friendships, all written by young people who are caring for someone they love who has an illness or disability...

welcome

In this
GREAT issue...

i www.norfolkcarers.org
For carers of all ages who live in Norfolk

4 **You're not alone:** find out how joining a young carers group could help

6 **What counts:** get up to speed with the latest stats and figures

8 **Always a pleasure:** our big day out at Pleasurewood Hills

A special bit for the younger carers

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Young carers groups in Norfolk

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who we are

Young carers are children and young people up to 18 years old whose lives are affected by caring. We might be caring for our mum or dad, sister or brother, who may have a long term illness or disability, mental health problems, learning disability or misuse alcohol or drugs.

What it feels like to be a young carer

- We can feel that there's nobody there for us, that professionals do not listen and are only working with adult family members.
- There's often a lack of recognition, praise or respect for our contribution.
- We can feel different from other children and unable to be part of a group.
- Although there are lots of young carers out there, it's easy to feel alone and that no one else understands our experience.
- We can face problems moving into adulthood, especially with finding work, moving into our own homes and establishing relationships.

What we need

- We need recognition of our role, which means being heard, believed and respected.
- We may need extra encouragement with our education, and for our teachers to be aware of our situation.
- We need information about the support available to us and our families.
- We may need support with our caring tasks.
- We need services for our family so that we can do things together.
- We need emotional support, someone who is there for us.
- We need a break from caring.
- We need an opportunity just to be children.

Problems we face

- We're more likely to have difficulties at school, completing homework and getting qualifications.
- We can feel isolated from other children of our own age, and even from other family members.
- We don't always have time for play, sport or leisure activities.
- We can find it difficult to find a balance between the needs of the person we're caring for and our own needs, which can lead to feeling of guilt and resentment.

You're not alone

Being a young carer isn't easy, but joining a young carers group can make a big difference.

Charlie, 16, goes to a young carers group in Great Yarmouth.

“ I have been coming to my young carers group now for almost 2 years. I care for my Mum. She suffers from lots of different disorders and disabilities. She has IBS, hiatus hernia, she's had three mild strokes, manic depression, a slipped disk, dyslexia, stomach ulcers and migraines.

All these things mean I have to care for her, along with my brother. We share household duties and I do personal care for my mother.

It's extremely difficult to care for someone you love, especially when you have important exams coming up. Juggling your responsibilities with

Norfolk Carers Helpline

If you need to talk to someone about any aspect of caring, the trained staff of Norfolk Carers Helpline will listen to your problems in the strictest confidence.

The Carers Helpline is available 24 hours a day, weekends and bank holidays on

0808 808 9876

It's FREE!



social time and self time is a struggle, even with emotional support.

Young carers projects, in my opinion, offer so much more than just emotional support. They offer a place where young carers who have been deprived of a normal childhood can express their views and opinions, learn, and also get away from their daily routine for a couple of hours.

It's also a place where you can socialise with other young carers who are in similar situations, coming together to share experiences, and most of all, just to have some fun! ”

Hannah and Lauren

are identical twins who are both members of Connects & Co. in Norwich.



“ We both look after our mother who has cerebral palsy. It affects us by us not having a really good social life and some of the time I stay home so my sister can go out to relieve her stress.

It sometimes makes me feel withdrawn and emotional when I'm at school. I also get a little stressed at times.

When I come to Connects I feel as though I can unwind and relax because I am around people with the same problems. We all share the same problems so we can support each other and share the load. ”



“ Going to our group means we can meet up with other people and we understand how each other feels, having the same problems at home.

A lot is expected of us at home. We get homework like everyone else, and sometimes it's hard to find the time. Our social time is also important to us. Being twins doesn't necessarily bother us, or make a difference to being young carers, but being twins does mean we get to share the load. ”



Louise, 13, is also a member of the Great Yarmouth group.

“ When I joined young carers we went on a trip to Pleasurewood Hills. I really enjoyed seeing my brother happy on the bumper cars. It's good that I was able to go with people who understand my situation. I have made lots of friends who make me feel welcome.

Before I joined young carers I didn't feel that I could talk to anyone – I felt I was alone. It was like being in a shell and then coming out of it. Now I don't have to worry. I can talk to people.

If my group wasn't there I would feel like hiding and lose face. If you have a problem, then get involved, phone someone, speak to someone. ”



www.norfolkblurb.co.uk
For young people in Norfolk, with the latest news about events near you, and much more



See pages 22-23
to find your local group.

What counts!

We don't know exactly how many young people in Norfolk are caring for someone, but we know that the total figure is likely to be more than 2,000.

At the 2001 census, there were 1,972 young carers recorded, which at the time meant that 1.3% of all people under 18 in the county were young carers. The true figure is probably even higher as a lot of people don't identify themselves as carers.

1,972
young carers

Crossroads is one of the organisations working with young carers in Norfolk. Between April 2005 and March 2006, **166** new young carers came to the Crossroads Young Carers Project to receive support.

34% were under 11
54% were 11-14 years
12% were 14-18 years

Those young carers live in the following areas:

- West Norfolk: **24.7%**
- Great Yarmouth: **21.0%**
- Norwich: **24.8%**
- South Norfolk: **17.5%**
- North Norfolk: **8.4%**
- Broadland: **3.6%**

53% were female carers
47% were male carers

70% were caring for their mother
28% were caring for their father
19% were caring for their brother or sister
7% were caring for another relative

more than
1 in 5
caring for more than one person

More than 1 in 5 of those young carers were caring for more than one person in the family. It could have been both parents or a parent and a brother or sister.

57%
were living with just one parent

More than half of all young carers (57%) were living with just one parent and very often, they were caring for that parent alone.

Illness of person cared for:

- Physical illness or disability: **63%**
- Mental health problems: **40%**
- Learning disability: **11%**
- Substance misuse: **13%**
- Terminal illness: **8%**

Often the person cared for had more than one health problem, like for instance a physical illness associated with a mental health problem (this was the case for 35.5% of those cared for).

Source of referral

- Voluntary agencies: **15.1%**
- Statutory agencies: **71.7%**
- Young carers and their family: **15.7%**

BIG thanks

Millennium Trust for Carers

Thanks to the **Millennium Trust for Carers (EDP We Care Appeal 2000)** for providing young carers with holidays, domestic appliances and computers.

Paddy Seligman & Trustees

Thanks to **Paddy Seligman and the Trustees** for their continued support and encouragement.

Radio Broadland & more...

Thanks to **Radio Broadland Operation Santa Claus, Norfolk Council for Voluntary Youth Services, Frank Buttle Trust and Paul Lambillion Seminars**. All these have made it possible to organise young carers events like Fun Days and Discos.

Little Melton First School

A big thank you to the **children of Little Melton First School in year 3** (7-8 year olds) who raised money to give young carers a break after learning about 'responsibilities' and being a young carer during their lessons.

Every year my young carers group goes to Pleasurewood Hills. I find this good because we get to chill out and socialise with other people who have the same problems at home. It's a very long ride there and back, but we have fun!

Lauren, 16



We went to Pleasurewood Hills in August 2005. It was a great day out that the whole group really enjoyed. It was great to get away and for some of us it was an experience they hadn't had before.

We spent the whole day laughing, joking and having fun. We went on all the rides until there were none left.

We met up with some other groups from around Norfolk and shared our tales from the day over lunch in the sun. Then we climbed in our mini-buses and rode home after our wonderful day out.

Gavin, 14



always a

In August 2005, young carers groups from around Norfolk met up for the day at Pleasurewood Hills.

It was very exciting on the day we went to Pleasurewood Hills. The mini-bus picked me and my sister Emily up from our house then we went to our best friend Sam's house – she was the last person to be picked up. Then we were on our way to Pleasurewood Hills.

It was a very long journey to Pleasurewood Hills – it took about an hour and a half! When we finally got there the whole mini-bus was buzzing with excitement and there was a big rush to get off! We walked quickly to the pay station and there was a

massive queue, but we had already paid so we just went straight through.

First we had ham and chicken rolls with some other stuff for lunch, then we went on the rides. My favourite ride was the Magic Mouse. It was very fun but there was a huge queue! But I waited and we finally got on it. The man in front of us lost his hat when he was going around a bend!

We had a fantastic day out!

Alice XX

*On the rides all day long
always hearing the same old song
Bumping in our bumper cars
listening to people play guitars
Right up high in the sky
I see people, I spy
Now it's time to go
but not without watching
the magic show*

Jordan, 12



pleasure





Hewett School



At my high school we have a Young Carers Arts and Crafts so we can just get away from the teachers and just have a bit of fun. We can just relax and it stops us getting annoyed.

Kirsti, 13

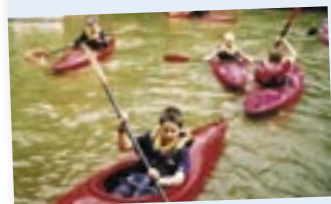
Young Carers has changed my life by making me look forward, not back. I have become more confident in myself and have made a lot of new friends. I had a bad experience a few years ago and this has changed my life. I have become a member of Norwich SUCS group (the Youth Service Users' Council), which is great, and I hope I will be able to enjoy the rest of my time in the group.

Emma, 17.

My mum has a neurological disease which means that she can't walk properly – she has to use a wheelchair and walking stick. I have to help her up and down steps, and because she is a diabetic, I have to get her breakfast so that she doesn't get low sugar levels.

When she goes shopping I have to push her. It's difficult to get round sometimes because of the chair. People talk to me instead of her as if she isn't even there. But I love my mum, no matter what is wrong with her.

Coral, 13



The Great Yarmouth 12-18s group

One of the Norfolk groups to go to the National Young Carers Festival 2005 at Fairthorne Manor, Hants in June 2005.

A special bit for the **younger carers** 😊

My sister has ADHD.

She is 12 years old. When we go out, sometimes when she does not get her own way she runs away from my mum, and sometimes she takes me and my sister's stuff.

She used to not get dressed for school, which made my mum really upset. She doesn't do that anymore. She does still lock herself in the bathroom when people need the toilet.

My two sisters fight a lot and my mum cannot stop them.

Now I can go to my young carers group and my mum can spend more time with my sister.

I think it's brilliant because we go on trips and most of the time we go to the Willows.

It's fun there and we can play with the other children like me. I really enjoy it.

Lauren, 10



Norfolk Young Carers Summer Fun Day 2005



Hi, my name is Honor and I am a Young carer

I work with another girl called Brittany. We are both mini cadets in Connect Kids in Norwich. We both like being mini cadets because we get to meet different people and they are nice to work with. It is quite hard for me at home, but when I go to Connect Kids we can mellow out and enjoy ourselves.

Brittany and I help the kids to settle and join in with the fun. The activities that we do include going to McDonalds, Mousehold Heath, ten pin bowling, Banham zoo, the circus and the theatre.

Our group is Flarers Carers

We do all kinds of things like painting on t-shirts and glass painting. The boys play badminton and table tennis. They also play football in the Summer, but it gets dark too early to play in the Winter.

Next we are going to Number One tenpin bowling centre then Nando's for tea. We get up to a lot of trouble at Flarers Carers!

Emily, 10



What do you call a bird that's been run over by a lawnmower?

Shredded Tweet!

Tiarna, 8

My brother

has ADHD.

He is stropky and mad. When he gets angry he kicks all the doors in the house and breaks them. He hits me and kicks me and Mummy.

My Mum suffers from depression. Some days she's sad and some days she's happy. When my Mum is sad, she's stropky and moody. I know when Mum is sad because she closes the curtains, locks the doors and stays inside.

I clean the house, Hoovering, wash up, make mummy a drink. When mum is really ill, I have to go and live with my Nan and my Mum goes into hospital.

I come to my young carers group to get away for a while.

Natasha, 10



www.youngcarers.net

Great website from the Princess Royal Trust for Carers with message boards, email support and lots of useful information



The willows

We attend a young carers group in Kings Lynn every fortnight on a Tuesday. A mini bus collects us and takes us home afterwards.

During the school holidays we go on outing. At half term February we went to the Fun Farm, an adventure play area. We had a great time and want to go again!



We can only go on outings if we have enough money. People have been very kind and given us money and presents. They are:

King's Lynn and Local Methodist Churches for donating presents at Christmas

King's Lynn Rotary Club for a Christmas party with present, balloons and entertainment

Paul Bassham Charitable Trust for money towards summer outings for the last two years

Fiona and her friends who did a 100 mile walk between them to raise money for our group.

THANK YOU from Lauren, Daniel, Reece, Chloe, Rebecca, Jamie Lee, Damon and Hazel.

what we did last year...

Here's some of what young carers groups in Norfolk got up to last year. Find the words written upwards, downwards, forwards, backwards and diagonally in straight lines on the grid of letters.

ART	CINEMA
KARTING	SWIMMING
BOWLING	DISCO
MUSIC	THEATRE
CAMPING	FARM
PANTOMIME	THEME PARK
CANOING	FESTIVAL
PIZZA	ZOO

T T H E A T R E T T S P D
K D H H U V E R F H X O U
L I T P F B A D C E C L C
M D I S C O H M A M A A I
G R E L K P B U M E N V N
N P I Z Z A H S P P O I E
I T C R D J C I I A E T M
T Q B Z O O E C N R I S A
R W Z G F Q N D G K N E K
A B O W L I N G S F G F K
K O K M P D P N Z B A O R
R P A N T O M I M E L R C
S W I M M I N G R X L S M

spot the difference



i www.childline.org.uk
This website can help with all sorts of issues. To talk to someone call Childline's **free 24 hour helpline – 0800 11 11**

i www.disabledparentsnetwork.org.uk
Helpline 08702 410 450
This is a national organisation of and for disabled people who are parents

i www.youngcarer.com
The Children's Society website for young carers, their families and those who work to support them across the UK

i www.nhsdirect.nhs.uk
The NHS website which can help you if you're not feeling well, or need to find out more about an illness or condition

In the summer of 2005 we went to **Trimingham** Camping



It was a camp with two tribes. We made two totem poles, one for each tribe. If we completed certain tasks we would earn money vouchers to spend at the tuck shop. A big Mars bar was three vouchers. I really enjoyed the camp as it gave us a break.

Kim, North Walsham 11-18s group



Εσορροα 2p
2005 2005

Tudor Day at Carers

The local museum brought activities from the Tudor period such as icing sugar pictures and quill writing. I really enjoyed this as I am quite new to the group so it was a chance to meet other carers.

Warren Thetford Group



In Westminster to meet the **Children's Commissioner**

BIG day out

On the 12th October 2005, twelve young carers took a train journey to Westminster, London. We met the Children's Commissioner, Al Ainsley-Green. We had a meeting to discuss what young carers need – physical and emotional support, etc.

After the meeting we all went on the London Eye. When we got back home



we met Lisa Christensen, Norfolk's Director of Children's Services and she took on board our ideas too.

Just remember you are not alone – there is always someone to listen.

Zoe, 14



Our thanks go to Mr. Miah of Saffron takeaway, Queens Road, Norwich, for a really great meal!

Just before Christmas last year, Connects & Co. was approached by a local businessman, Mr. Miah, who wanted to provide a special authentic Indian meal for its children and young people. Back in February Connects & Co. celebrated its 6th birthday, so to mark the occasion in style we invited all of the groups (aged 4-18!) and celebrated with a Valentine's themed meal provided by Mr. Miah's restaurant.



The **Thetford Crossroads** group

We went karting and bowling and away to Hilltop Activity Centre. We had great fun!



At home

It's hard to cope at home. I live with my mum, two brothers and pets. My baby brother is two – he

cries a lot. Because mum's not well I have to look after my little brother more. Sometimes my friends don't understand. My stepdad helps out a lot, which is good. I love seeing my mum happy, that's what makes me happy.

Louise, 13

Hi! I'm Liam



I first went to Connects & Co. five years ago and I felt that it was a very big help for me to have a break from home. When I first joined Connects, I was really young for my age and I was really cheeky to the leaders. I didn't really care what I said to people, I just wanted to get a reaction. I didn't really understand what it meant to be part of a team, so I didn't take much notice of what anyone else wanted me to do. Now it's really different, I feel I have developed as a person. I'm a Cadet now, which means I have been chosen by the leaders to be part of a team that gives support to the younger members. I can see that some of the children are going through stuff like I did, and this is my chance to give something back.

I really want to be a primary school teacher or an English teacher when I leave school. It's being a young carer that has given me the inspiration to be a teacher. Being part of Connects has really opened my eyes, especially spending time with the little ones. It really means something to be able to help other children who are growing up in situations like me.

*Young Carers is where we go
Over two weeks we have to
wait through
United through troubles
and friendship
Never alone in the corner
Games and fun for everyone*

*Christie, Debs and Donna
Are the heart of the group
Ready for every challenge
that we set
Every one at Carers smiles,
no-one upset
Ready to listen to our problems
are they!
So Young Carers means so much
every other Friday!!*

**Cassie and
Joie Sarah. Thetford**

Class act!

Crossroads Norfolk Young Carers project is organising six theatre workshops in Summer 2006 right across Norfolk. They will be run by professional actors and drama teachers. If you would like to take part and discover another one of your talents, please contact: Christine Comacle-Smith

01379 388952.

crimbo disco 2006

There will be two discos this year
one disco for the under 11 and
another one for 11+.

DJ and refreshments provided.
All young carers in Norfolk are invited.
Contact your young carers group
leader or Norfolk Young Carers Project
on 01379 388952

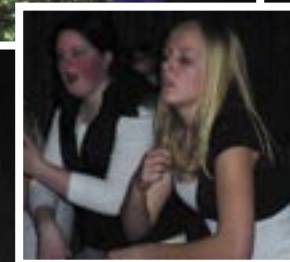
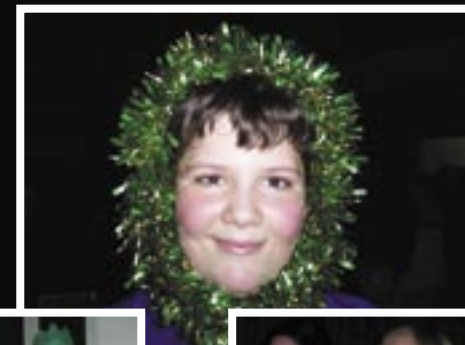
D.I.S.C.O

Depression is hard to cure
I have to put up with it
So I have to endure!
Carers groups are here to help
On this day I like the most

Because
There is a Christmas disco
That's where I want to go!
My favourite song is Amarillo
Played at the disco!

This was my favourite day
Because
This was the first ever
YC event that I'd ever been to!
It's better than the zoo!
I like my Young Carer job

By Duncan, 12



YOUNG CARERS IN NORFOLK



Young carers projects in Norfolk are working to raise awareness of young carers and the issues they face, helping young carers in schools and establishing and maintaining support systems.

There are young carers groups across Norfolk (see pages 22-23 for full details), which offer a break from caring a chance to have fun and to meet other young carers.

Support for young carers is co-ordinated by a multi-agency Projects Advisory Group convened by Norfolk County Council Children's Services.

CROSSROADS NORFOLK YOUNG CARERS PROJECT

Area office:
Crossroads Caring for Carers
PO Box 290, STRADBROKE IP21 5WZ

Christine Comacle-Smith,

Senior Project Officer,

Area covered: South Norfolk,
Norwich PCTs

Tel/fax: 01379 388952

E-mail:
christine.comacle-smith@crossroads.org.uk

Cath Thomas, Project Officer,

Area covered: North Norfolk,
Broadland, Great Yarmouth,
Norwich PCTs

Tel/fax: 01263 570157

E-mail:
cath.thomas@crossroads.org.uk

Rose Rooney, Project Officer,

Area covered: West Norfolk PCT

Tel/fax: 01366 377510

E-mail: rose.rooney@crossroads.org.uk

Norfolk Carers Helpline,

0808 808 9876, 24 hours FREEPHONE

P.O. Box 154, Norwich NR3 4EZ.
www.norfolkcarers.org.uk

NORWICH & DISTRICT CARERS FORUM

Young Carers Primary &
Middle Schools Project,
18 St. Faith's Lane, Norwich NR1 1NN.

Tel: 01603 219924.

Fax: 01603 219939.

E-mail: admin@carersforum.org
www.norfolkyoungcarers.org

Senior Project Worker:

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Tel: 01603 219924

E-mail : laura.feeney@carersforum.org

Project Workers :

To be confirmed, *for West Norfolk*

Tel: 01603 219924

E-mail: admin@carersforum.org

Cally Smith, *for North Norfolk,*
Broadland, Great Yarmouth.

Tel : 01603 219924

E-mail: cally.smith@carersforum.org



YOUNG CARERS IN NORFOLK

All agencies – Primary Care Trusts, voluntary organisations, Norfolk County Council Children's Services, Youth & Community Service all have a contribution to make.

This can be through direct work with young carers and their families, funding young carers projects or providing transport, venues for group activities or office space for projects. A partnership approach is essential if young carers are to be properly recognised and properly supported.

CARERS GRANT FUNDING

The Carers Grant is money made available by the Department of Health to provide short breaks in the form of support groups for young carers.

This year there were 17 applications submitted totalling £111,523.20. These actually covered 21 separate groups. Initially it appeared that there would be a substantial shortfall in funding this year, but careful negotiations with the Department of Health and Norfolk Adult Social Services Department meant that thankfully there was only a very small shortfall.

On the advice of the Young Carers Projects Advisory Group, grants were to have again only been awarded for one year. However, given the major restructuring of the Children's Services Department, there was uncertainty as to where work with Young Carers will fit and how the Carers Grant will be administered in future. The Young Carers Projects Advisory Group therefore decided at its meeting on 31st March to recommend that grants be made for two years. This has been done accordingly.

The money was allocated as follows:

Youth & Community Service Gt Yarmouth (11-18) - 2 groups	£10,800
Youth & Community Service North Walsham (11-18)	£5,800
Carers Forum North Walsham (8-13)	£1,668
Youth & Community Service Norwich (11-18) - 2 groups	£9,568
NCH King's Lynn (7-11)	£9,200
Dereham (8-11)	reserved £6,562
Dereham (11-17)	reserved £4,995
NCH Thetford (7-11)	£9,000
Thetford Crossroads (11-18)	£7,527
Youth & Community Service Diss (11-18)	£6,250
Connects & Co (City Christian Centre)	
(3 Groups 4-7; 8-11; 12-16; +Connects @ school)	£12,500
Carers Forum Gt Yarmouth (8-13)	£4,625
Carers Forum Norwich (8-13)	£3,000
Youth & Community Service Broadland (11-18)	£4,850
Crossroads Downham Market (8-16)	£5,470
Carers Forum King's Lynn (8-13)	£4,875
Carers Forum Swaffham (8-13)	£4,610



BROADLAND

Group for 12 – 18 year olds

Meets fortnightly on Mondays
17:00 – 19:00.

Based at the Broadland District
Resource Base, Sprowston.

Contact: Anita Beckett
on 01603 408678

E-mail: anita.beckett@norfolk.gov.uk

Group for 8 – 12 year olds

Meets monthly for outings only.

Contact: Cally Smith
on 01603 219924

E-mail: cally.smith@carersforum.org

DEREHAM

Group for 8 – 11 year olds

Contact: Sallie Boyd
on 01603 632904

E-mail: connectsandco@tiscali.co.uk

Group for 11 – 18 year olds

Based at Breckland District Resource Base.

Contact: Dave Newell
on 01362 692839

E-mail: dave.newell@norfolk.gov.uk

DISS

Group for 11 – 18 year olds

Meets Tuesdays fortnightly
16:30 – 18:15.

Based at the Youth & Community Centre.

Contact: Julia Fairbrother
on 01379 642425

E-mail: julia.fairbrother@norfolk.gov.uk

DOWNHAM MARKET

Group for 8 – 16 years old

Meets Wednesdays fortnightly
18:00-20:00.

Based at Howdale Community Centre.

Contact: Rose Rooney
on 01366 377510

E-mail: rose.rooney@crossroads.org.uk

GREAT YARMOUTH

Group for 8 – 12 year olds

'The Lodgers' meets about 6 times
per term 17:00-18:30.

Contact: Cally Smith
on 01603 219924

E-mail: cally.smith@carersforum.org

Group for 12 – 18 year olds

Meets Tuesdays fortnightly
17:30 – 19:30.

Based at The Source, (Drill Hall) York Road.

Contact: Glenis Townsend
or Terry Wood on 01493 854661

E-mail: terry.wood@norfolk.gov.uk

KING'S LYNN

2 groups for 7 – 11 year olds

Meet Tuesdays alternately and fortnightly
16:30 – 18:30.

Based at NCH, The Willows

Contact: Christine O'Keeffe
on 01553 670990

E-mail: familycentre.willows@nch.org.uk

Group for 13 – 18 year olds

Meets weekly on Mondays 16:30 – 19:30.
Based at the Youth & Community Centre.

Contact: Dave Rodwell
on 01553 773565

E-mail: dave.rodwell.edu@norfolk.gov.uk

Group for 8 -13 year olds

'Wild West Carers' meets on Mondays
17:00 – 18:30.

Based at North Lynn Community Centre.

Contact: Laura Feeney
on 01603 219924

E-mail: laura.feeney@carersforum.org



NORTH WALSHAM

Group for 11 – 18 year olds

Meets Thursdays fortnightly 17:00 – 19:00.

Based at North Walsham

Youth & Community centre.

Contact: Teresa Guest and
Nigel Ward on 01692 402498

E-mail: pamela.boyes@norfolk.gov.uk

Group for 8 – 11 year olds

Meets fortnightly on Tuesdays

16:30 – 18:00.

Contact: Cally Smith
on 01603 219924

E-mail: cally.smith@carersforum.org

NORWICH

Group for 12 – 16 year olds

'Connect Club' meets Fridays fortnightly
19:30 - 21:30.

Based at The City Christian Centre,
Nelson Street.

Group for 8 – 11 year olds

'Connect 2' meets Fridays fortnightly
19:30 – 21:00.

Based at The City Christian Centre,
Nelson Street.

Group for 4 – 7 year olds

'Connect Kids' meets Mondays once
every three weeks 17:45 – 19:30.

Based at Oak Grove Chapel,
Catton Grove Road.

Group for 12 – 17 year olds

'Connects@School' meets Fridays
fortnightly 12:25 – 13:15.

Based at Sprowston High School.

Contact: Sallie Boyd
on 01603 632904

E-mail: connectsandco@tiscali.co.uk

Written, designed and published

by Sarah Thomas Communications.

Tel: 01263 587748 Email: info@stcom.co.uk

Group for 8 – 11 year olds

'Flarers Carers' meets Monday fortnightly
16:30 – 18:30.

Based at Coronation Hall, Hellesdon.

Contact: Laura Feeney
on 01603 219924

E-mail: laura.feeney@carersforum.org

2 Groups for 11 -18 year olds

Meets Thursdays alternately and fortnightly
17:00 – 18:45.

Based at the Norwich District
Resource Base.

Contact: Alison Thorley
or Tom Gaskin on 01603 630948

E-mail: alison.thorley@norfolk.gov.uk

SWAFFHAM

Group for 8 – 13 year olds

Meets Tuesdays fortnightly.

Contact: Laura Feeney
on 01603 219924

E-mail: laura.feeney@carersforum.org

THETFORD

Group for 7 – 11 year olds

Meets Tuesdays 16:30 – 18:30.

Based at Thetford Family Centre.

Contact: Sarah Leggett
on 01842 753294

E-mail: sarah.leggett@nch.org.uk

Group for 11 – 18 year olds

Meets Fridays fortnightly 18:00 – 20:00.

Based at 'The Maltings'

Contact: Debbie Bleyswyck
on 01842 763477

E-mail:

thetfordyc@crossroadsinnorfolk.co.uk

To order more copies of the 2006
Norfolk Young Carers Magazine, or if
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contact Stuart Marpole
on 01362 694711

E-mail: stuart.marpole@norfolk.gov.uk

COMING SOON TO A YOUNG CARERS GROUP NEAR YOU...



MAKE SOME GREAT F•R•I•E•N•D•S

"YOUNG CARERS GROUP HAS
CHANGED MY LIFE BY MAKING
ME LOOK FORWARD, NOT BACK. I
HAVE BECOME MORE CONFIDENT IN
MYSELF AND HAVE MADE A LOT OF
NEW FRIENDS."
EMMA, 17

"ME, MY BROTHER AND MY SISTERS
GO TO A YOUNG CARERS GROUP IN
THETFORD AND IT'S BRILLIANT.
IT GIVES US A BREAK FROM THE
TROUBLES AT HOME."
CASSIE, 15

See pages 22-23 to find a young carers
group near you!