

# BOOM!

# Young Carers



The **Benjamin** Foundation

## Are you a Young Carer?

The Benjamin Foundation are committed to supporting young carers across Norfolk.

We want you to have every opportunity to live your life the way you want and achieve your goals. We will support you to get involved in one of the groups we run throughout the year. You'll get to meet other young carers, take a break from your caring responsibilities and have some fun. Our dedicated staff are also on hand to talk through any issues that may be troubling you and help you however they can.

What's more, we run trips, visits, and activities including short residential breaks giving you the opportunity to try new experiences and grow your confidence.



**Interested? Then why not pop along and give it a try? We think you'll like it.**

### **Watton Youth Group (Young Carer Friendly)**

Fridays 5pm-6.30pm for 8 - 11 year olds

Fridays 6.45pm-8.15pm for 11-18 year olds

### **Taverham Young Carers Group**

Fortnightly on Thursdays 6.30pm-8pm for 8 - 16 year olds

### **Lakenham Young Carers Group**

Fortnightly on Wednesdays 6.30pm-8pm for 8 - 16 year olds

### **North Walsham Young Carers Group**

Fortnightly on Wednesdays 6.30pm-8pm for 8 - 18 year olds

### **Norwich Young Carers Groups**

#### **Marlpit Community Centre**

Fortnightly on Wednesdays 4.45pm-6.15pm and 6.30pm-8pm for 5 - 18 year olds

#### **Pilling Park Community Centre**

Fortnightly on Thursdays 4.45pm-6.15pm and 6:30pm-8pm for 5 - 18 year olds

Want to find out more? Contact:  
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