COMMUNITY SPORTS FOUNDATION

Working with The Benjamin Foundation

Young Carers Club

Weekly sessions providing a safe space for young carers to take part in physical activity and personal development.

FREE



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Young Carers Club is a support programme, in partnership with The Benjamin Foundation, for young people aged 8-12 who identify as young carers.

The sessions focus on physical activity and personal development, providing a safe space for participants to relax and enjoy themselves in a friendly and supportive environment.

The programme runs with two groups who attend on an alternating weekly schedule, with each group joining every other week. Sessions are free to attend with funding supported by Norfolk County Council.

Friendly & Inclusive sessions

Physical activity – having fun and staying active through football, padel, table tennis, pool, darts, board games and interactive games.

Personal development – supporting participants with teamwork, leadership, communication and resilience.

Sessions are supported by experienced and trained coaches.





Dates, time & location

Thursdays, 5:30pm-7pm (groups alternate weekly)
The Nest, Norwich, NR10 3AQ

Who is it for?

Young carers aged 8-12.

Scan to register or find out more

communitysportsfoundation.org.uk

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