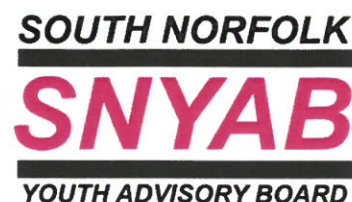




LOTTERY FUNDED



Support for Young Carers in South Norfolk

- **BOOM! Benjamin Foundation Young Carers Positive Activities** – These groups are commissioned by Norfolk County Council to give young carers a break, do some positive activities and meet other young carers. In the South, they run in Diss, Poringland and Thetford and accept referrals from across Norfolk (you need to have had a Young Carers Needs Assessment (see below) to attend) - contact on boom@benjaminfoundation.co.uk or 01603 615670
- **Carers Matter Norfolk** – This service provides information, advice and guidance for young carers using a telephone helpline, text and live chat – contact on 0800 083 1148 or via live chat at <https://carersmatternorfolk.org.uk/>
- **Norfolk Family Carers: Transitions** – One-to-one support for young adult carers aged 16 to 24. Contact on 07518 527760 or vikki.edmonds@norfolkfamilycarers.org
- **Norfolk Young Carers Forum** – this organisation works to raise awareness of young carers and to give young carers a voice about services. Monthly meetings are held for the South Area Forum and there are a variety of other activities available – contact Claire on 07538 816923 or claire.rogers@carerstrustcpn.org
- **South Norfolk Youth Advisory Board** – The South Norfolk YAB is a board of Young Commissioners and adult representatives who look to ensure that young people have the services they need in their community. They also fund positive activity sessions such as the monthly YAB Youth Club and a monthly trip to Clinks Care Farm. These aim to help different target groups throughout the community, including Young Carers. – contact Sam on 07778 896325 or sam@mtmyouthservices.org.uk
- **Wymondham Young Carers Group**- this group runs once a month in the Town Green Centre and accepts referrals from Attleborough to Hethersett – contact Elaine on 07810 633273 or email on eildh@aol.com
- **Young Carers Needs Assessments** – Every young carer has a right to request a young carers assessment to look at how the caring role impacts on their health, wellbeing, education and development, as well as the needs of the whole family. To request an assessment contact the Family Focus Team in the Early Help Hub on 01508 533933