

Young Carers ACTIVITY DAY



Join us for Hertfordshire County Council's first Young Carers Wellbeing Day!

Come along to meet other young carers, take part in activities that support your health and happiness, and most importantly – have fun!

Sessions will include:

- Boxercise
- Art and creativity
- Wellbeing sessions
- Nutrition and healthy eating

For young carers in Hertfordshire, age 8 – 17

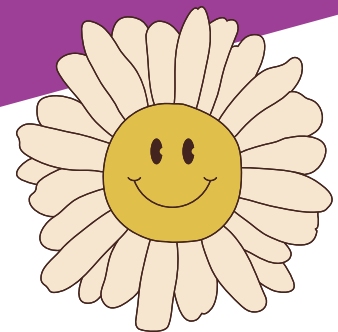
- Games and getting to know each other
- Have a break from your caring role
- Have your voice heard about what's important to you

WHEN:

Friday 31st July, 10 am – 3pm

WHERE:

Shephall Centre, Stevenage



How to book:

email:

participationteam@hertfordshire.gov.uk

