

# BOOM!

# Young Carers



The **Benjamin** Foundation

## Are you a Young Carer?

At The Benjamin Foundation we are committed to working with young carers across Norfolk.

We want you to have the same hope, opportunity, stability and independence as those without caring commitments. We can support you in specialist groups running throughout the year so you can meet other young carers, have a break from your caring responsibilities and have fun taking part in games and activities.

We also run trips, visits, activities (including short residential breaks) in school holidays to help develop your confidence, and giving you the opportunity to try new experiences.



### Watton Young Carers Group

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 Tuesdays 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 Thursdays 6.30pm-8pm for 8 - 18 year olds

### Norwich Young Carers Group

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

Learn More:

[boom@benjaminfoundation.co.uk](mailto:boom@benjaminfoundation.co.uk) | 07880 242 374

Registered Charity Number: 1124936  
Company Number: 3825425