

YOUNG
CARERS
TOGETHER



care for the
carers
East Sussex

PRESENTS

The February Festival

Supported by  **sussex clubs for young people**
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MONDAY 15TH FEBRUARY

11AM-12 MIDDAY

For all young carers

Kickstart

Join us to find out more about the Young Carers Together project and explore the activity packs you would have received through the post. This session will give you a chance to meet other young carers and young adult carers as well as the team that will run the Young Carers Together project.



All activities will take place on Zoom and will be private admittance only (VIP style)

THURSDAY 18TH FEBRUARY

10AM -4PM

For young carers aged 11-16 years

Play in a Day

Join us for a fun and exciting day of acting, writing, music and movement where you will be part of creating and performing a play and getting to be as dramatic as you like!



In partnership with Culture Shift



TUESDAY 16TH FEBRUARY

3PM—5PM

For young carers aged 7-11 years

Feeding Your Green Dragon

A fun workshop exploring how we feel and what we can do to feel great (even when times are tough). You will learn through some fun movements and games about your three dragons.

Did you know that we all have dragons?

These are the energies and movements in our bodies, minds and hearts when things are going well (our Green Dragon), when we are focused on our school work or tasks (Blue Dragon) or when we are in a challenging moment (Red Dragon). So let's get to know them through movement and play. We will move, listen to some music and do some creative activities to get to know our dragons and figure out what we can do when the Red Dragon tries to take over.

In partnership with the Mindfulness Centre of Excellence



FRIDAY 19TH FEBRUARY

7PM—8.30PM

For all young carers

Virtual DJ Set

Join DJ Carl Rushe for a virtual club night in the comfort of your own home. Put on your headphones and dance your socks off, or put on the speakers and get the whole family dancing. Once registered, you can even send us your song requests!

www.mixcloud.com/carl-rushe



To book onto any of these activities please contact the Young Carers Together Team from Care for the Carers at info@cftc.org.uk or 07874 853703



UK YOUTH

 COMMUNITY FUND

East Sussex
County Council


East Sussex
Clinical Commissioning Group

A Network Partner of
CARERS TRUST