



**Sunbeams
Community Hub**

A world in which Autism is celebrated.



Reset

YOUNG CARERS GROUP AGES 14-18

Recharge, relax and connect with others like you

Reset is a group for young carers aged 14–18 who regularly help to care for someone at home because of illness, disability, mental health difficulties, or other long-term needs.

The group provides a safe, space where young carers can:

- Take a break from caring responsibilities
- Meet and spend time with other young carers
- Take part in organised activities and trips
 - Access support and information
 - Study and complete schoolwork

Young people can take part at their own pace no pressure to talk about personal situations.

Thursdays 5-8pm £6 per session

For further information, register your interest in attending the group or to complete a simple registration form please email

info@sunbeamsplay.org.uk or call us on 01493 442181 mobile 07484085777.

Where to find us

Sunbeams Community Hub, Viking Rd, Great Yarmouth
Norfolk NR31 0NU

