

# Sunbeams

## Young Carers/Siblings Group

Thursdays 4.30 - 7.30pm  
£5.00 per week

Do you help to look after a relative who has autism or a related condition, such as sensory, emotional, social or learning difficulties?

Do you support a parent or help them care for a brother or sister by doing extra jobs in and around the home, such as cooking, cleaning, helping them to get dressed or move around?

You may also be giving emotional support to both your sibling and your parents. If you feel alone, think no one understands or just need someone to talk to, take some time for yourself and come along to our Young Carers and Siblings group.

1-1 support and advice available

For more information please contact us at:

Unit 7, Enterprise Court, Gapton Hall Road,  
Great Yarmouth, Norfolk, NR31 OND  
01493 442181

[www.sunbeamsplay.org.uk](http://www.sunbeamsplay.org.uk)

Registered as Sunbeams Play Charity No: 1152188



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