



CARING HEARTS YOUTH CLUB*

*Please note: This club is for young people who have additional caring responsibilities for a family member, perhaps due to age, physical or mental illness, disability or substance abuse.

You do not need to be registered as a young carer to attend.

PLEASE
SIGN UP
BEFORE
YOUR 1ST
SESSION



SCAN ME

WHAT IS CARING HEARTS?

- A safe environment where young carers can belong, contribute and thrive with like-minded individuals who understand the world they're living in
- Hot meals, games, sports and art and crafts, alongside opportunities to confide in trusted adults
- Respite from caring responsibilities and enjoy the freedom of being a child

ART &
CRAFT

SPORTS

SOCIALIZE

SUPPORT

LEARN
NEW
SKILLS

GAMING

FOOD

STARTS 5TH JUNE

Wednesdays
(term-time)

5-8pm Age 7-17

FREE!

YMCA,
Victoria Road,
Chelmsford
CM1 1NZ



Essex County Council