



The **Benjamin** Foundation

Positive outcomes  
for children, young people & families



**Carers Matter Norfolk**

SUPPORTING YOUNG CARERS & FAMILIES

# FREE YOUNG CARERS ACTIVITY DAY

The Benjamin Foundation and West Norwich & Dereham SSP Norfolk PE are excited to invite you to our **FREE Young Carers Multi-Sport Activity Day** (Including Football, Cricket, Baseball, Tennis, Martial Arts, Mindfulness activities & much more!)

This is a great opportunity for your school's Young Carers to have lots of well-deserved fun, meet other local Young Carers and to feel less alone when they see just how many there are!

While your Young Carers have a blast trying new sports with the highly experienced West Norwich & Dereham School Sports Partnership team, your Young Carer leads and support staff can take part in our networking and training event in the adjoining building. They'll share top tips on what's working well for Young Carers in schools, make new connections and find out what's next for Young Carers in Norfolk.

Schools can bring a maximum of 16 pupils each (staff members are unlimited)

**THURSDAY JUNE 12TH, 10.30 - 13.30**

**TAVERHAM HIGH SCHOOL**  
**ASTRO PITCH**

Please email: [youngcarers@benjaminfoundation.co.uk](mailto:youngcarers@benjaminfoundation.co.uk)  
for further information or scan QR code to book your FREE space



Learn More:  
[info@benjaminfoundation.co.uk](mailto:info@benjaminfoundation.co.uk)

Registered Charity Number: 1124936  
Company Number: 3825425