

Gresham's lends a hand

Gresham's School in Holt is delighted to announce their charity of the year for 2013/14 will be North Norfolk Young Carers.

Last year Gresham's chosen charity was The Norfolk Hospice, Tapping House, where pupils and staff took part in a number of fundraising events which resulted in excess of £12,000 being raised.

This year the school is delighted to be working alongside Julie Alford – manager, youth consultant and senior youth worker at the award winning Holt Youth Project, where a number of lower sixth form pupils from Gresham's will give their time supporting young carers.

North Norfolk Young Carers is a very important charity, providing respite time and support to young people who, for a variety of reasons, find themselves caring for a family member at home.

The charity provides

opportunities for them to take part in a range of activities as well as providing them with a meal giving them a much needed break from their busy lives.

Currently one in 12 young people finds themselves in a caring role in their family environment and one of the aims of this charity is to reach out to as many young people in the community and provide them with some support.

Julie said: "Young carers is a very important part of our work. We deliver sessions on a regular basis to two groups of young carers, six-11 year olds and the 12-18 year olds. We try to provide these very special young people with activities, programmes, mentoring and support which they may not otherwise have because of their caring role within their family environment. It has made a huge difference to the young carers we serve for them to meet with other young people in a similar situation."



Many young people are unaware of the charity and the help and support it can give to young people undertaking a caring role.

The charity is keen to raise awareness to children and young people across North Norfolk that help is available to

them. If you know someone who might benefit or if you are a young carer looking for support in North Norfolk, then please get in touch.

Telephone: 01263 710918
<http://www.holtyouthproject.org.uk/activities/young-carers/>

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