

Engage, Enquire, Excel

A big thank you goes out to Littleport Rotary Club who kindly donated money to Millfield Young Carers so we could purchase a number of 'hoodies' to wear when we are out and about as a group. The group wanted something that showed that they proudly belonged to Millfield Young Carers. We were also fortunate to be given enough money to have a trip to the cinema. This will take place at the start of the Summer term and we will be proudly wearing our Millfield Young Carer hoodies. To see the look on the Young Carers' faces when they saw the specially printed school blue hoodies was priceless. This group of children are a credit to their parents and school.



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This Spring term we had fun and relaxation with yoga. We used yoga pretzels to help us develop our flexibility, balance and strength. Some of the positions we tried included the warrior pose, downward dog, tree

Useful websites

For further information on Young Carers the following websites may be useful:

<https://carers.org/about-us/about-young-carers>

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/>

<https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

<http://www.actionforchildren.org.uk/what-we-do/children-young-people/support-for-young-carers/>

<https://www.barnardos.org.uk/what-we-do/helping-families/young-carers>

<https://www.childrenssociety.org.uk/what-we-do/helping-children/young-carers>