



CONNECTS & Co.

Support for young carers and siblings

Telephone: 01603 405328



SUPPORTING YOUNG CARERS AND THEIR FAMILIES FOR 20 YEARS IN 2020!

Connects & Co. values and cherishes children and young adults who live with the effects of terminal or long-term illness, disability, mental health issues or addiction within their family.

Many children and young adults lives are affected emotionally, physically, educationally and socially because of their family circumstances.

Our mission is to provide:

- Non-judgmental, emotional and practical support for children and young adults who are affected by the illness or disability of a family member.
- To champion their issues and Celebrate their achievements.



Based in Norwich and Dereham

Each young carer group runs on a Monday or a Tuesday.

- **Connect Kids - Age range: 5-7 years**
Gives opportunities for these younger children to play and 'be children'.
- **Connect2 - Age range: 8-11 years**
Connect2 provides a range of exciting and fun things to do for children.
- **Connect Club - Age range: 12- up to 19 years**
Connect club aims to provide help, support and activities for young people during one of the most challenging periods of their life's.
- **Connect Cadets**
A group of young people from Connect Club (aged 14+) who volunteer their time to work alongside other children in the younger groups.
- **iconnect - Age range: 18-25 years.**
This group aims to encourage social opportunities, build new relationships and help young adults to make important life choices for their future such as further education, employment or a full time caring role.

Aims and Objectives

To listen and support children and young people living in a caring role or those who are affected by the illness and/or disability of a family member.

- To give children / young people opportunities to build new friendships and support .
- To provide learning and training opportunities.
- To raise the awareness of the issues that children, young people and young carers face due to their family circumstances.
- To recognise and celebrate the skills and achievements of these children and young people.
- To recognise the support and diversity of the family unit.



Connects & Co is a registered charity: 1125195

Call us on: 01603 405328

Email: admin@connectsandco.co.uk

www.connectsandco.co.uk