



CarersActive 



Improving the health and wellbeing of young carers through sport

1 December 2022 1.30pm-3.00pm on Zoom

Research regularly highlights the impact that caring can have on the physical and mental health of young carers.

With the success of the Lionesses at the European Championships, the buzz around the Commonwealth Games in the summer and England and Wales preparing for a winter World Cup, there has been a big focus on the benefits of sport this year.

Join the Young Carers Alliance and the Carers UK Carers Active project to hear about how sport and keeping active are helping to improve the health and wellbeing of young carers and young adult carers.

Find out more about the work of the Alliance and the benefits of joining at youngcarersalliance.org

Booking

<https://youngcarersandsport.eventbrite.co.uk>

For more information contact

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youngcarersalliance.org