

Young Carers Session - 12/02/26

We held our first Young Carers session of 2026 on Thursday 12th February, and for the first time we were delighted to welcome Young Carers from West Winch Primary School to join us. The theme for this session linked with **Children's Mental Health Week** as well as **Valentine's Day**.



The afternoon began with a parachute game, which acted as a fun ice-breaker and gave everyone the chance to introduce themselves. The Young Carers then took part in a range of activities, including board games, giant Snakes and Ladders, and giant Connect 4. Each child also created their own Valentine's box and added some Love Hearts to take home for someone special.

This year's Children's Mental Health Week theme, **"This is My Place,"** focuses on helping children and young people explore where they feel they belong. The Young Carers were invited to write down a place where they feel a sense of belonging. These were collected in a jar and shared at the end of the session while everyone enjoyed a snack and a drink.

All too soon, it was time to say goodbye. However, we are already looking forward to planning another collaborative event in the near future.

