

BE YOUR OWN BEST FRIEND

**Suffolk
Family Carers**
Living Fuller Lives

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Young
Carers

Our workshops are designed for Young Carers aged 9-11 years old to think in a way that helps them to identify:

- Who they are
- What they can achieve
- Who will help them
- How they can be a best friend to themselves



For more details please speak to a Young Carer Adviser

We have adapted and welcome flexibility in the delivery of the programme to meet the needs of each school. Below are some examples of how the content can be delivered:

- **OPTION 1:** 4 sessions (approx. 45 minutes in duration) to fit in with a school day
- **OPTION 2:** 2 sessions (approx. 2 hours in duration)
- **OPTION 3:** 1 session (approx. 4 hours)

Be Your Own Best Friend strategies and resources can be used by the pupil, and supporting adult beyond the programme.

To ensure young carers attending feel able to participate in a comfortable environment we would recommend an optimum group size of 10.

In order for our Advisers to deliver the programme, we would require the school to make a suggested donation of £200. The contribution will go towards the planning, facilitation and resources involved with running the programme.

There will be no other costs involved.

Ideas of fundraising events other schools have completed involve;

- Non-Uniform day
- Cake Sales
- Sponsored events

If you are interested in this opportunity please email hello@suffolkfamilycarers.org

