



WILDE ABOUT ARTS

For 7–10yrs & 11–17yrs

Kellie Neighbour

Mon 28 April – Mon 7 July

7–10yrs 5–6pm

11–17yrs 6.30–8pm

Free – book online only, for young carers

A free term-time arts course, designed for young people aged 7–17yrs, who have lived experience of being a young carer.

Explore different visual art styles on a termly basis. Past projects include: soap and candle making, book binding, kite making, plaster casting, hot glue sculpting and stencil art.

These weekly sessions provide a safe, nurturing space where young people can enjoy a break from the responsibilities of everyday life, be themselves and make friends.

You do not have to be registered with a local authority or organisation to be recognised as a young carer.

Are you a young carer?

A young carer is someone under 18yrs who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

What might a young carer do?

- Practical tasks, like cooking, housework and shopping
- Physical care, such as helping someone out of bed
- Emotional support, including talking to someone who is distressed
- Personal care, such as helping someone dress
- Managing the family budget and collecting prescriptions
- Helping to give medicine
- Helping someone communicate
- Looking after brothers and sisters.

If this sounds like you, or someone you know, register your free space online at southhillpark.org.uk/shp-events/wilde-about-arts

For more information email:

nicola.lightfoot@southhillpark.org.uk

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