



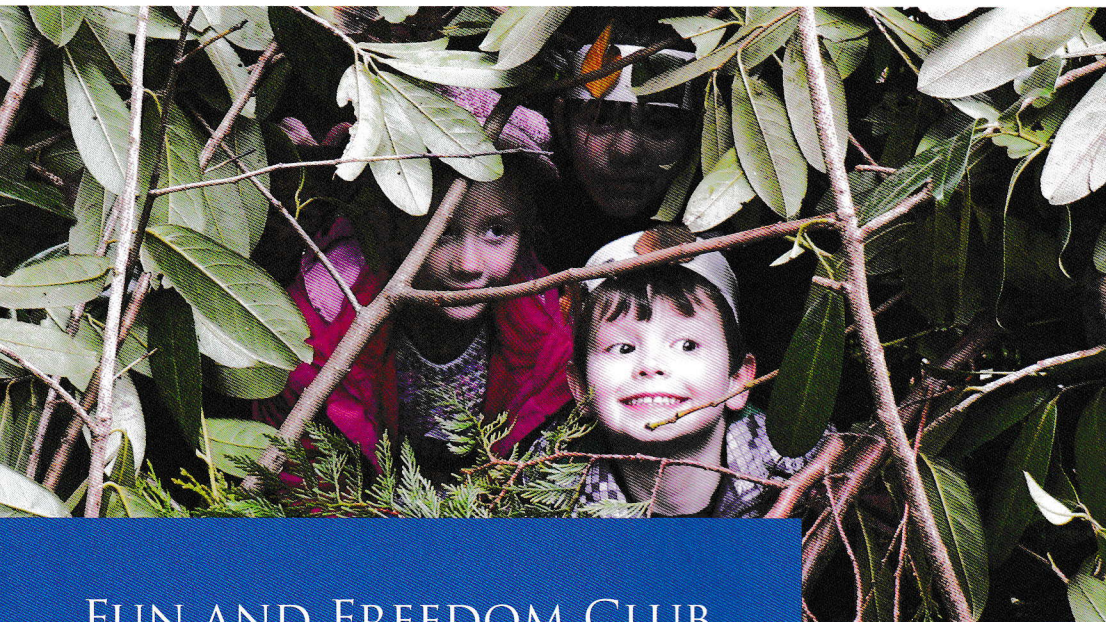
# FRIENDS & FAMILIES

OF SPECIAL CHILDREN LTD



LOTTERY FUNDED

Reg charity no. 1140826



## FUN AND FREEDOM CLUB

Young Carers do lots to help someone in their family. You may help a parent to get up, to get washed and dressed or to get around in wheelchair. You may have to do lots of the household chores like shopping, cleaning, cooking and maybe look after younger brothers and sisters too.

You may be a brother or sister of a disabled child and have to help them, it may be difficult to enjoy family outings, or find time to simply have fun.

Do you do some of these things for someone in your family?

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## The Fun and Freedom Club can offer you:



- Lots of fun with weekend clubs, days out and trips away
- A chance to make new friends in a similar situation to you
- Someone who will listen when you need it, who is on your side
- Information and advice for the whole family

Joining the club is free and all activities are greatly subsidised by the charity.

We organise all sorts of activities and trips such as Dartmoor Zoo Rangers, bowling, theme parks, tobogganing and skiing, abseiling, gorge walking, pottery, horse riding, water sports and activity weekends. We also give you the opportunity to tell us what activities you would like to do.

Fun and Freedom Club run regular meetings, allowing you time to meet other young carers and have some fun away from your caring role.



**Tel:** (01752) 204 369 **Web:** [www.friendsandfamilies.org.uk](http://www.friendsandfamilies.org.uk)

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