

Chill and Chat:

Where - Sunshine Room

When - Tuesday Lunchtime.

Who - Open to anyone who feels they need a listening ear.



What - This is a chance to just 'chat or chill!' This could be reading, drawing or just relaxing - whatever helps you to chill!



This session is perfect for Young Carers as an optional drop in session.



ST. HELENS YOUNG CARERS

