



# Day-to-day activities

You can get support to take part in activities and have a break from your caring role



## Norfolk Millennium Trust for Carers

The Norfolk Millennium Trust for Carers offers unpaid carers a better quality of life.

The fund will consider applications from carers aged eight and upwards, except where a clear case can be made as to the caring responsibilities of carers younger than eight years.

It can help with:

- A holiday, short break or outing to help relieve the pressures of caring.
- Leisure activities for wellbeing, such as an activity class or a gym membership.
- Recreational home improvements such as redecorating a room, or gardening equipment.
- Items/equipment to support a personal hobby or pastime.
- Wheelchair power packs. Please note power packs are subject to the availability of funding.

Visit the Norfolk Millennium Trust for Carers website at [norfolkfoundation.com/funding-support/grants/individuals/norfolk-millennium-trust-for-carers](http://norfolkfoundation.com/funding-support/grants/individuals/norfolk-millennium-trust-for-carers)



## Wellbeing Norfolk & Waveney social events

Wellbeing Norfolk & Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress.

All of their social events are based upon the 'Five Ways to Wellbeing'. These are a set of evidence-based recommendations that, when followed, can improve your mental health and wellbeing. They are: Connect, be active, learn, take notice, and give; and you can find out more about each of these here. The social events are held online and in-person.

Find out more about upcoming Wellbeing Norfolk & Waveney social events at [wellbeingnands.co.uk/norfolk/community-development-team/social-events](http://wellbeingnands.co.uk/norfolk/community-development-team/social-events)



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## Dementia Adventure

Dementia Adventure give opportunities for you to enjoy five days of fun and relaxation, with other people who are living through similar experiences to you.

They take care of the details so you can get the most out of their hand-picked accommodation in a variety of places across the UK.

They understand the complex and individual needs of people living with dementia, as well as how carers can benefit from having the chance to relax and enjoy time with their loved one while they take care of all the planning and background tasks.

Visit the Dementia Adventure website at [dementiaadventure.org/holidays/group/](https://dementiaadventure.org/holidays/group/)