



## Rotary Swimarathon

9 February 2019

Priory Rotary Club of King's Lynn



We will be supporting the following local charities

### Headline Charity

#### West Norfolk Young Carers.

Young carers are children and young people who care for someone in their own home who is ill, has a physical or learning difficulty, mental health problems, or drug and alcohol issues. West Norfolk Carers offer these young people support: listening, advocacy, information, training, growing self-esteem, dealing with anger, looking after yourself, building confidence, regular groups and fun activities.

(Reg charity 1107546)

### Other Charities – all of our charities have a particular focus on young people

#### West Norfolk MIND.

An independent local charity that promotes positive mental health and social inclusion within the community and provides a variety of resources for people with a mental health issue, their families and friends. Reg charity 1137086

#### Little Discoverers, West Norfolk School for Parents (WNSfP).

Provide a unique and holistic form of early education inspired by the Peto Institute in Hungary, for pre-school children with motor learning difficulties and delayed development.

Reg charity 1125400

#### Gaywood Community Bungalow Project

To provide specific equipment for a new community support centre at St Faith's Church, Gaywood, which will be used by local support groups and networks including West Norfolk MIND. Facilities will include a welcoming café and private consultation rooms.

#### West Norfolk branch of Norfolk and Waveney Headway.

Improving life after brain injury, with their Day Centre offering family and carer support, teaching independent living skills, and providing activities such as arts and crafts, cookery, exercise and fitness and woodwork. Reg charity 1025852

#### The Lavender Hill Mob Theatre Company

Musical Theatre group working with young people with learning and physical difficulties. Their aim is to include everyone in the community in all aspects of musical theatre, from the age of 4, regardless of experience and ability, and to attain high level quality on a professional level. Reg charity 1150188