Carers Trust

Young Carers Action Day

15 March 2023

Activity Pack

Theme: Make Time for Young Carers
Young Carers Action Day raises awareness about young and young adult carers, the challenges they face and the support they need.

This activity pack is for young carers and their friends so they can take action on the issues that are important to them for #YoungCarersActionDay.

It can also be used by professionals working with young carers, like support workers and teachers.

Find out more at: Carers.org/YCAD.

Let us know how you are taking action on Young Carers Action Day by email youngcarers@carers.org or on Twitter @CarersTrust @CarersTrustScot @CarersTrustWal
What’s Young Carers Action Day about?

For Young Carers Action Day 2023, we want to **MAKE TIME FOR YOUNG CARERS**.

Young carers told us that **health and wellbeing** is the most important priority for them. They want to see action and more time taken for:

- Better support in school
- More breaks and fun activities
- Better access to counselling
- More money for young carers and the services they use

Why is making time for young carers so important?

We heard from young carers that an adult taking just a small amount of time - **even ten minutes** - can make a big difference.

That’s because listening to a young carer and asking the right questions could help them get the vital support they desperately need.

This can make all the difference to their **health and wellbeing**.

This activity pack is to help young people to take some ten-minute actions that will **MAKE TIME FOR YOUNG CARERS**.
Whether you’re a young carer, a young adult carer or a friend, here are some ideas for how you can take action for #YoungCarersActionDay

ACTIVITY 1

Take ten minutes to...

**talk to a friend**

Start a conversation about Young Carers Action Day with someone you trust.

This could be a friend, a teacher, a colleague, or someone else important in your life.

Tell them about who young carers are and why you want to raise awareness on Young Carers Action Day.

Come up with a plan for how you can work together to raise awareness:

- If you’re a young carer in education, you could do a talk to your class, school assembly or student forum.
- If you’re a young adult carer with a job, you could do a presentation for your colleagues.
Take ten minutes to...
put up a poster

Download our poster (https://carers.org/young-carers-action-day-2023/resources-2023) to raise awareness of Young Carers Action Day

- Print a copy of the poster – go to your local library or ask your carers service.
- Find a place to display it – on your school or college noticeboard, at your GP surgery, or in your place of work. Make sure to get permission!
- Go digital and save on paper – find out if there is a school, college or community newsletter you could include the information in.

If you have more than 10 minutes, why not create your own poster?

Design a poster that tells people when Young Carers Action Day is and what they can do to support young and young adult carers.
Take ten minutes to...
share a social media post

Create a social media campaign
to raise awareness

On this #YoungCarersActionDay
make time for young carers - even
just a ten-minute conversation can
make all the difference.

10:20AM • Mar 15, 2023

Share with us! Tag us when you post on Twitter or Instagram
@CarersTrust @CarersTrustScot @CarersTrustWal @carers.trust @ycscotland

Helpful hints
• Use the hashtag #YoungCarersActionDay
• Tag people to get their attention
• Keep it short and to the point
• Use images or video
• Share more than once
• Look out for suggested social media posts
  and graphics on carers.org/ycad
Take ten minutes to...
contact a politician

Write a letter or email to your MP, MLA, MS, or MSP to let them know about Young Carers Action Day 2023:

- Tell them what needs to change to improve the health and wellbeing of young and young adult carers
- Why not ask if they would visit your carers service, school or youth group? Get your support worker to help with this
- Not sure who to contact? Find out here:
  - UK Parliament
  - Scottish Parliament
  - Senedd
  - Northern Ireland Assembly

Be clear - Tell them who you are and what you’re asking for.

Be firm - Explain why and what needs to be done.

Ask questions - “Please could you tell me about your plans to take action to…?”

Ask for a response - Ask them to write back and include your contact information.

Be polite - You are more likely to get their support if you are polite and respectful.

To find a template for a letter to contact your politician, visit carers.org/ycad-resources in early 2023.