**Template letter [local carer organisations]**

Dear <MP/MS/MSP/MLA/Mayor/Councillor Name>,

We are writing to you on behalf of <local care organisation>, who are supporting Young Carers Action Day being led by Carers Trust.

This year’s theme is ‘Make Time for Young Carers’, which is why we are contacting you and asking for a moment of your time and your support. Currently many young and young adult carers go unrecognised for the invaluable contributions they make to our communities.

‘Make Time for Young Carers’ highlights two things that are really important for young and young adult carers:

* The need for professionals and responsible adults to make more time **to listen to young and young adult carers** explain the challenges they face, so they can better understand the support young and young adult carers actually need.
* Once they understand the sort of support that’s required, responsible adults then need to make time to put that support in place.

We know it’s easy for young and young adult carers to start feeling overwhelmed because of everything they need to do for their caring role on top of all their studies and being a young person. What young and young adult carers told us was that it doesn’t need to be this way. They think the things that would make them feel less overwhelmed, healthier and happier are:

* improved support in education and workplaces
* more access to breaks
* better access to mental health support such as counselling or therapy
* and more financial support.

<Insert a local case study here>

<If writing to an MP you could add: As my MP I would be grateful if you would please consider attending the Parliamentary Carers Action Day event on Wednesday 15 March from 3:30-5pm. You could also show your support by joining the All-Party Parliamentary Group (APPG) for Young Carers and Adult Carers. You can do this by emailing [appg@carers.org](mailto:appg@carers.org). Furthermore, we would hugely appreciate if you could pledge your support for young carers/young adult carers either at the Parliamentary event, or by visiting <https://carers.org/ycpledge>>

<If writing to a Councillor you could add: For YCAD 2023, Carers Trust have produced a template Council Motion to raise awareness of YCAD and call for action to help raise the profile and commend young carers in our area.>

Finally, we would like to invite you to meet with us this Young Carers Action Day to further discuss the invaluable contributions young carers make to our communities, the support we provide to them and how you may be able to help campaign for additional support that will make a meaningful difference to the lives of them and their families.

Yours sincerely,

<Insert Name(s)>