

How to get involved



Young Carers Awareness Day – 25 January 2018 – is a day of recognition for the 700,000 young carers in the UK.

If you're a school

See our poster – What you can do to mark Young Carers Awareness Day.

If you're a Carers Trust Network Partner

- Organise your own event.
- Put Carers Trust posters up in your service or create your own.
- Arrange a visit with your local councillor.
- Ask your local councillor/parliamentarian to write a blog for your website or local paper or to record a short film for social media.
- Visit a local school.
- Get your service featured in the local media.
- Visit Carers.org/ycad for more information.



If you're a parliamentarian or a local councillor



- Write a blog for your local newspaper column and website – talk about the importance of the youngest carers being identified and supported and that people shouldn't assume they are too young to care.
- Tweet your support using #youngcarersawarenessday. You could use: I'm supporting Carers.org/young-carers-awareness-day-2018 or Let's support the youngest carers #youngcarersawarenessday.
- Put up a Carers Trust or local carer services poster in your local office.
- Arrange a visit to your local young carer service.
- Visit Carers.org/ycad for more information.

If you're a GP or other health care professional

- Put up a Carers Trust poster in your practice to raise awareness and encourage visitors to ask about services to support carers.
- Tweet your support using #youngcarersawarenessday. You could use: I'm supporting Carers.org/young-carers-awareness-day-2018 or Let's support the youngest carers #youngcarersawarenessday.
- Visit Carers.org/ycad for more information.



If you work for a charity or other organisation

- Put up a Carers Trust poster in your office.
- Host an event to support young carers.
- Get the message out on social media.

What everyone can do



- Text YCAD18 £5 to 70070 to donate to Carers Trust and support vital services for young carers.
- Visit Carers.org to find out more about young carers.
- Visit Carers.org/ycad for more information.

For more information, contact press@carers.org.