

# How to get Involved



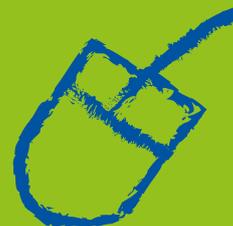
Young Carers Awareness Day – 26 January 2017 – is a day of recognition for the 700,000 young carers in the UK. Our theme focuses on helping young carers to fulfil their dreams and ambitions.

## 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 and click the button to show your support.
- 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 – what you wanted to be when you grew up and how local schools and services can support young carers.
- Tweet your support using #YCAD. You could use: I'm supporting Young Carers Awareness Day carers.org/YCAD or Let's help young carers achieve their dream jobs too #YCAD.
- 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 #YCAD. You could use: I'm supporting Young Carers Awareness Day carers.org/YCAD or Let's help young carers achieve their dream jobs too #YCAD.
- 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.
- Have some fun – find out what your friend and colleagues wanted to be when they grew up.

## What everyone can do



- Text YCAD17 £3 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](mailto:press@carers.org).