

**CARERS
TRUST**

YOUNG CARERS ACTION DAY

16 MARCH 2021

**Protect
Young Carers'
Futures**



Join us to recognise and celebrate young carers' skills.

Everyday across the UK thousands of young people help look after someone in their family or a friend, who is ill, frail, disabled, or has a mental health condition or addiction.

Get involved with Carers Trust's Young Carers Action Day Campaign.

Support young and young adult carers to realise their education, ambitions and future career dreams.

Find out more and get free resources to help you at:

[Carers.org/YCAD](https://carers.org/YCAD)

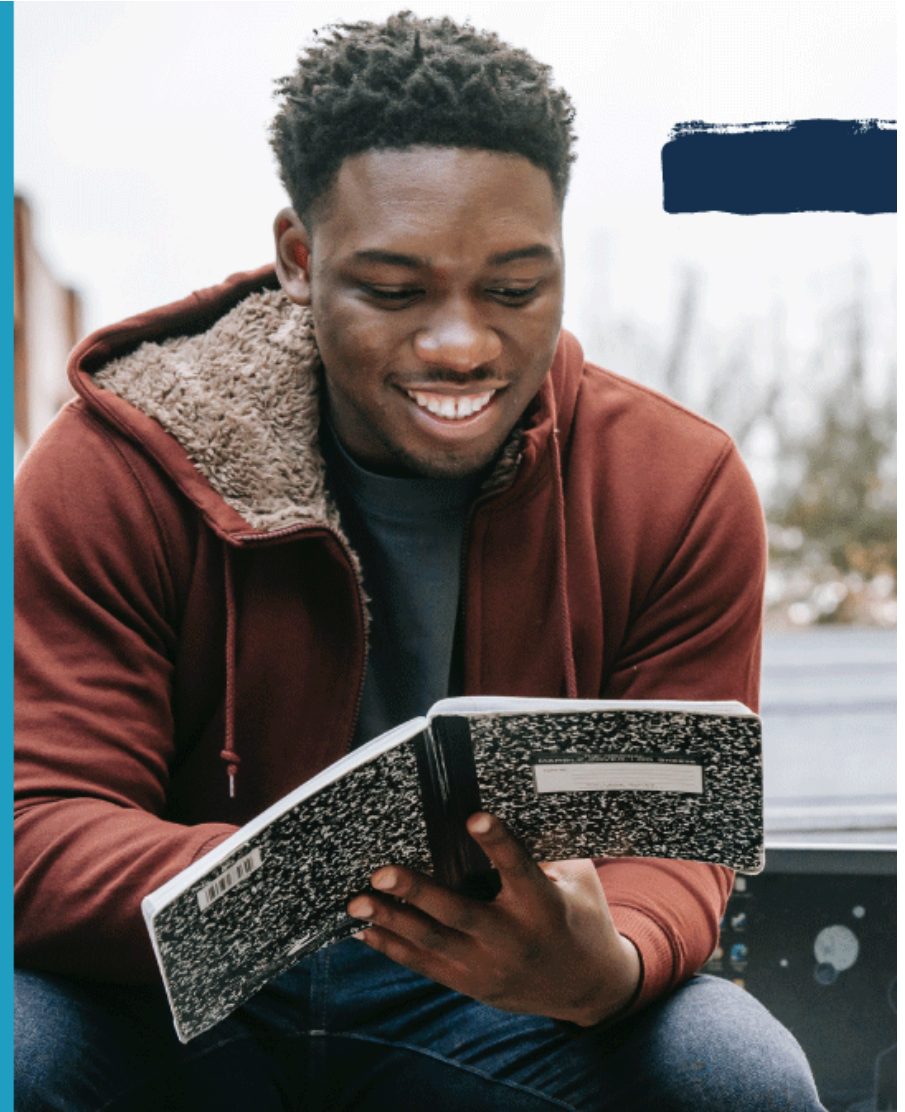
#YoungCarersActionDay

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**CARERS
TRUST**
WALES

YOUNG CARERS ACTION DAY 2021

#YoungCarersActionDay





EDUCATION

WHAT ACTION COULD BE TAKEN IN SCHOOLS / COLLEGES AND UNIVERSITIES?



TEACHER AWARENESS



YOUNG CARERS CHAMPION

PROVIDE A SAFE SPACE

ADAPTABILITY AROUND HOMEWORK



HELP WITH REVISION AND EXAMS



MENTAL HEALTH

WHAT ACTION COULD BE TAKEN FOR MENTAL HEALTH?



CREATE A COMMUNITY SPACE



DOCTORS, NURSES... BE PATIENT AND LISTEN



ACCESSING SERVICES



BUS PASS



LOCAL BUS OR CAB SERVICE

BICYCLE HELP

feel good MUSIC



A PLEDGE

AWARENESS AND SUPPORT IN SCHOOLS



FOCUS ON SECONDARY SCHOOLS



MORE MENTORING



BIG BOLD ASK