

**CARERS  
TRUST**

# **YOUNG CARERS ACTION DAY**

**16 MARCH 2021**

**Protect  
Young Carers'  
Futures**



**TAKE  
ACTION!**

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://www.carers.org/YCAD)**

**#YoungCarersActionDay**

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