

SAVE THE DATE! YCAD 2023 will be on 15 March

YOUNG CARERS ACTION DAY 2023



Are you a young carer or do you know a young carer? **Get involved in Young Carers Action Day!**

Find out more about Young Carers Action Day 2023 and how we'll be making time for young carers:

 Visit Carers.org/YCAD where you can download our activity pack and find lots of fun ideas for activities you can do to take action.

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Take ten minutes to... re a social me Create a social media campaigr to raise awareness

Carers Trust On this #YoungCarersAction make time for young carers - on minute conversation just a ten-nii... make all the diffe

@carers.trust@C Helpful hints to get hort and to the poir Jse images or video Share more than once

Look out for suggested social media and graphics on **carers.org/ycad**

Who are young carers?

Young carers provide regular care to someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.



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