

We are the _____ Young Carers' Forum

We come together, like pieces of a jigsaw, to raise awareness of young carers and to make change happen.



Our voices are stronger together!

- We are young people helping to look after someone in our family. This can affect everyday life.
- We know what young carers need! And we have caring in common.
- We can represent the voice of other young carers.
- We have opinions about how young carers should be treated and families supported.
- We want to change things. To make young carers' and their families' lives better - at home, at school and everywhere!
- Young carers should have the same opportunities as everyone else!

Top tips

Raise awareness and get

- involved** Through the media, (e.g. local television, radio or newspaper), social media, websites, blogs and newsletters.
- By talking to schools, social workers, GPs, local MPs and local councillors at events like open days, roadshows and local visits.
- By feeding into your local strategy, policies, steering groups, young people's forums and participation events.
- By building on the strengths of forum members and using their different skills and talents to get involved in your area.

An accompanying guide containing further tips for your forum is available to download at www.makingastepchange.info



What legacy
will your forum leave?

