

February 2024

An open letter from the YC/YAC Committee

Did you know there are currently over 2000 children and young people registered with Suffolk Family Carers? Nationally, at least 1 in 12 children and young people are carers, that's around 800,000 across the UK.

March 13th 2024 is National Young Carers Action Day. The theme this year is Fairer Futures for Young Carers; building a more equal future for young carers and removing barriers that many of their peers do not face; barriers to mental and physical health support, finances, education and employment.

We are Young Carers (YC) and Young Adult Carers (YAC) aged 13 – 19 years. Collectively, we are members of the **YC/YAC Committee** at Suffolk Family Carers. As a group we are committed to using our lived experiences to improve the lives and opportunities for Young Carers in Suffolk. But we cannot make change on our own, **we need your support**.

If you are a Young Carer, help us to take action by:

- Be PROUD -Tell one person that you are a Young Carer
- Interact with [Suffolk Family Carers](http://www.suffolkfamilycarers.org) and [Carers Trust](http://www.carers-trust.org) via social media. Support Young Carers Action Day #YoungCarersActionDay.

If you are a friend of a Young Carer you can take action by:

- Be open to a conversation about your friends caring role.
- Ask TWICE how they are
- Please don't treat the Young Carer any differently.
- Interact with [Suffolk Family Carers](http://www.suffolkfamilycarers.org) and [Carers Trust](http://www.carers-trust.org) via social media. Support Young Carers Action Day #YoungCarersActionDay.

If you are a professional you can take action by:

- LISTEN to UNDERSTAND.
- Focus on positives
- Acknowledge Young Carer experiences.
- Interact with [Suffolk Family Carers](http://www.suffolkfamilycarers.org) and [Carers Trust](http://www.carers-trust.org) via social media. Support Young Carers Action Day #YoungCarersActionDay.

Thank you for reading.

Thank you even more for taking action.

William, Liliana, Mille, Rosa, Alex & Nathaniel