

Young Carers Action Day takes place on Wednesday 12th March

The theme this year is '[Give Me a Break](#)'.

What could you and your school/college do
to support Young Carers to have a break?

You could share the link to our [ELearning module](#) to raise awareness of
Young Carers

Offer to host a Young Carer group or awareness raising event

Update Young Carer [information](#) on the noticeboards/website

Newsletters. [Subscribe](#) to ours! Mention young carers in your newsletters

Give your time to a Young Carer.

Consider hosting a Young Carer drop in/group

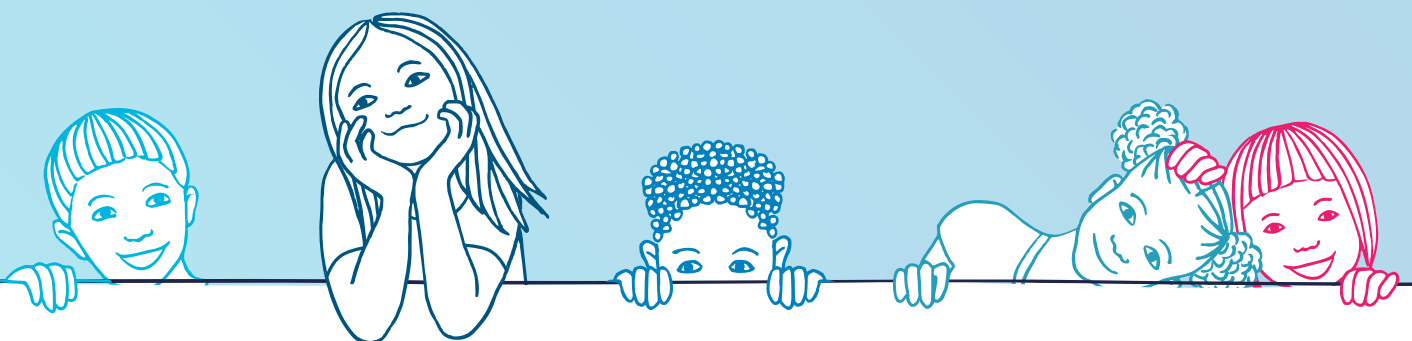
Ask a Young Carer 'how are you?'

Read current [research](#) on Young Carers. Share what you learn.

Explore opportunities to enable a Young Carer to have a break

Remove barriers to education. Maybe introduce homework support, or work
closely with families to improve attendance

Want more information or support with an idea?
Speak to your Adviser or contact hello@suffolkfamilycarers.org



12th March 2024
**GIVE ME
A BREAK**

A Network Partner of
**CARERS
TRUST**