

# 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

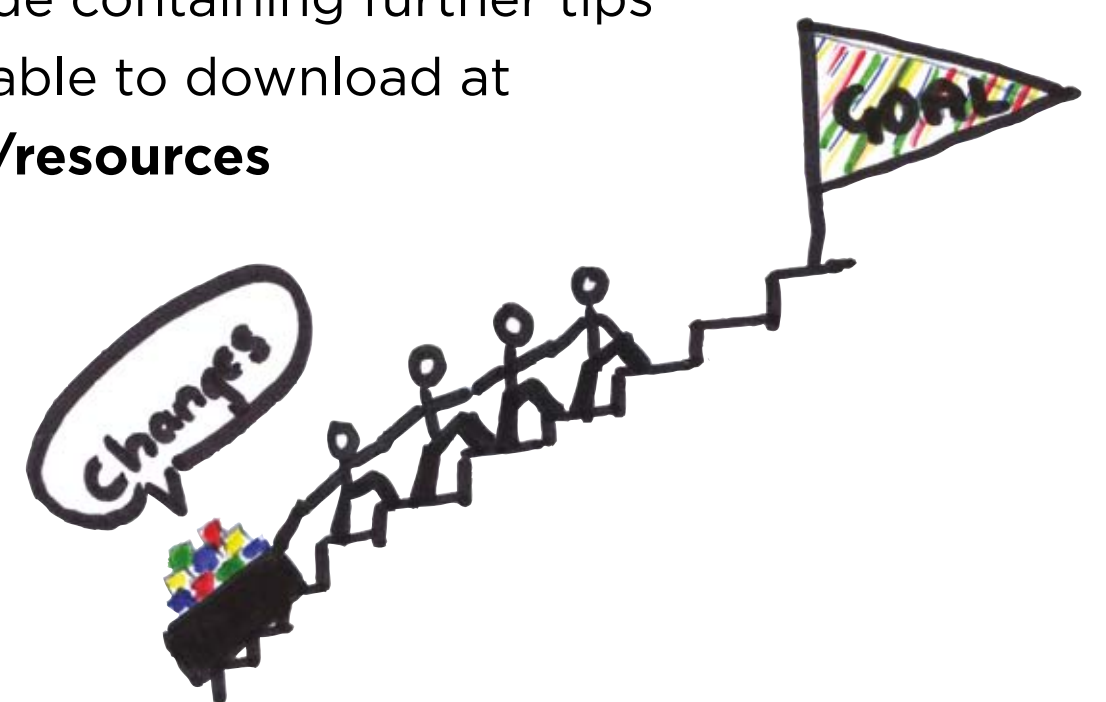
### Raise awareness and get involved

- 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, 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.youngcarer.com/resources](http://www.youngcarer.com/resources)



## What legacy will your forum leave?



This Poster and Guide were developed by the National Young Carers' Forum in partnership with The Children's Society (registered charity number 221124) and The Princess Royal Trust for Carers (registered charity number SCO15975) to encourage and support young carers' services to set up a young carers' forum of their own. © 2011 The Princess Royal Trust for Carers and The Children's Society

[www.carers.org](http://www.carers.org)

