

Young Carers Action Day

**CARERS
TRUST**

Wednesday 11 March 2026

**Help us give
young carers
a fair future.**

Young carers often have so much responsibility on their shoulders. They need the right support to reach their potential.

We are calling for more recognition in school, access to training and employment, breaks, wellbeing sessions and more. We want to ensure every young carer has the same chance to learn, grow and thrive as their friends who are not carers.



Find out how you can get involved in Young Carers Action Day:
carers.org/ycad
[#YoungCarersActionDay](https://twitter.com/CarersTrust)

