

Young Carers Awareness Day 2019 #CareForMeToo

This year, Young Carers Awareness Day was held on 31 January and the theme was #CareForMeToo.

Being a young carer is a risk factor for the mental health of children and young people. #CareForMeToo is a Carers Trust campaign that aims to raise awareness about mental health and improve support for young carers. All three of our locations that offer young carers groups took part in activities to raise awareness of young carers.

Shropshire young carers created a collage to mark the day. Each of their groups had a piece of a huge jigsaw puzzle, which culminated in a work of art that they revealed on the day.

Cheshire East young carers had a junkyard artist visit on 27 January to design and build this brilliant steam punk style clock to help raise awareness for young carers.

The idea came through thinking on what do young carers struggle with, which made us think 'Time'. Time for family, time for caring, time for hobbies, time for rest and time for fun. Which brought on the ideas of building this fully functional clock, to raise awareness to the fact young carers struggle to fit everything into their lives.

Well done...it's brilliant!



Cheshire West young carers recorded their very own song. Graeme and Leohna took a group of young carers over to Action Transport Theatre to film and record a song. Mike Beigel from Action Transport Theatre pulled together their lyrics in 2018 and orchestrated the evening of singing and film making. The young carers sang their song to the public at Storyhouse Live on Young Carers Awareness Day, 31 January.

Well done to all involved! You can watch their video on our Facebook page [@CarersTrust4all](#).