30th January, 2020

Thank you for your continuing support of unpaid carers in your constituency, and of Carers’ Resource. I am writing to you to ask for your support for a new national campaign, Count Me In!, which launches today - on Young Carers Awareness Day.

Young Carers Awareness Day is an annual event, led by Carers Trust, of whom we are a network partner member. It raises awareness of the challenges faced by young carers and campaigns for greater support for them. A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

As many as one in five secondary school children may be a young carer, although for many of these young people caring begins at a much younger age. Caring for someone can be isolating, worrying and stressful. Young carers also do substantially less well than their peers in formal exams, which can have a lasting effect on their life chances.

We want all young carers to get the help and support they need to succeed. For that reason, we are asking if you could please support the Count Me In! campaign. You could do this by:

- Tabling a Parliamentary Question asking the Government to:
  - Collect and publish information about the attendance, school achievement and wellbeing of young carers.
  - Make sure councils have the money they need to be able to do what the law says.
- Ask local schools/colleges if they recognise young carers as a vulnerable group of learners, what they are doing to identify them, and how they are getting them the help they need.
- Ask your local authority how it delivers young carers’ rights – is it counting the number of young carers given formal assessments and support?
- Post on social media or write a blog post for your website.

For a more detailed briefing, please contact Carers Trust: policy@carers.org or 0300 772 9600.

Yours sincerely,

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