

YOUNG CARERS ACTION DAY

'Give me a break'

March 12th 2025

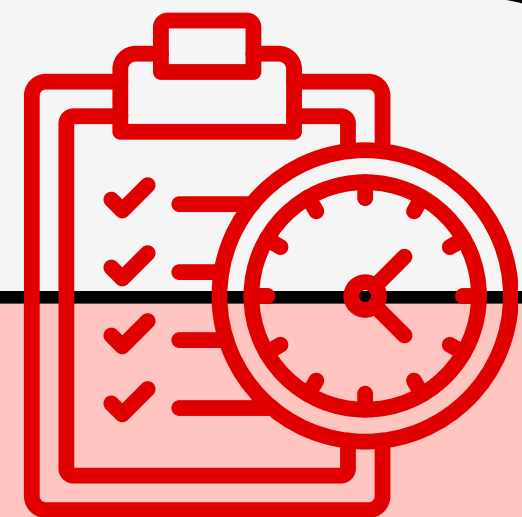
Hampshire
Young Carers
Alliance

How your school can participate and support young carers

01

Record

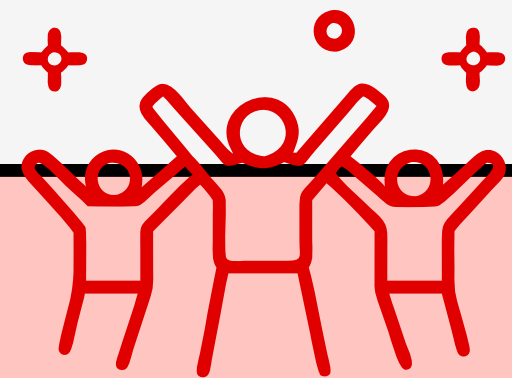
Make sure all your young carers are recognised and correctly recorded on your school management system



02

Celebrate

Do something special to celebrate the day and the young carers that attend your school



03

Signpost

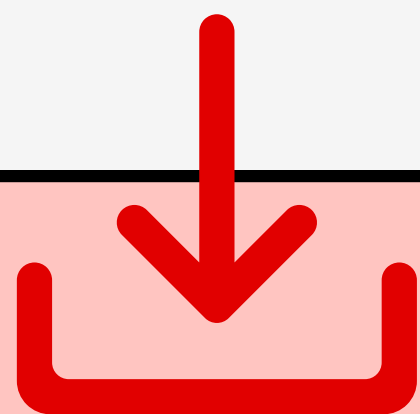
Refer Young Carers to your local HYCA support service by using the QR code or going direct to www.hyca.org.uk



04

Download

Download the HYCA resource for supporting young carers to take a break www.hyca.org.uk



05

Donate

Donate to your local young carers service to ensure ongoing support of your young carers outside school

