

# Young Carers Action Day 16 March 2021

**Over the past year we have all had to adapt to new routines and changing circumstances, but for young carers it has been uniquely challenging. They have had to take on increasing responsibilities at home whilst navigating online learning and finding support virtually. In spite of this, our young people have continued to develop important life skills and provide valuable support to their loved ones.**

We want to take the opportunity this Young Carers Action Day to celebrate the amazing contribution that young carers have provided to their families and the community during the pandemic. The theme this year is Protect Young Carers' Futures so we want to pledge our continued support for young people, reflect on some of our successes and share our plans for the future.





### What have we done in the past year?

- Promoted awareness in our schools so staff can identify and support their students
- Run virtual projects with a host of amazing providers like the Old Vic Theatre, Headliners, and Mindful Peak Performance to boost young people's soft skills and provide an outlet in lockdown
- Commissioned a 1:1 service for teenagers designed to get them thinking positively about their future work and education

### What we will do next?

- Set up a steering group with our young people to get their feedback on future service delivery
- Encourage services to create Young Carers Champions to ensure their voices are heard
- Develop a programme of skills and training workshops so young people can realise their full potential

If you are a young carer and  
you want to access support through  
the Young Carers Project then please get  
in touch with us through  
**[young.carers@towerhamlets.co.uk](mailto:young.carers@towerhamlets.co.uk)**  
**#YoungCarersCount**