**Carers Action Day – recognising all Young Carers have a voice**

Carers Rights Day 2021 is coming up on Thursday 25 November, lots of young carers are not aware that they have a right to tell us what they need from local services.

Centre 33 are a charity that supports young carers across Cambridgeshire & Peterborough. They are encouraging people to help increase the awareness participation in their Young Carers Project.

On Thursday 25th November, the Young Carers Advisory Board at Centre 33 will be meeting Dr Nik Johnson, Mayor of Cambridgeshire, and Peterborough. Their aim from this discussion is to share their lived experiences and to ask questions that would improve the lives of young carers living in Cambridgeshire & Peterborough.

If you are a young carer and want to share your voice or if you’d like some extra support, please do reach out!

We also have a survey running until 30th November 2021 where you can have your say: <https://tinyurl.com/YChaveyoursay>

National statistics who us just how many young carers are out there and may not have a voice:

* According to the last census, there are 166,000 young carers in England, but recent research suggests that the actual figure may be as many as 800,000 – that’s six young carers in every secondary school classroom.
* 1 in 10 young carers are providing a high level of care
* 80% of your carers may not be receiving the support they need from services that are there to help them

If you or someone you know looks after a family member or friend, you can contact Centre 33. See [www.centre33.org.uk](http://www.centre33.org.uk) , email youngcarers@centre33.org.uk or call 0333 4141 809.

Centre 33 are also able to supporting young people up to the age of 25 with mental health, housing, sexual health and more.

**ENDS**

Notes to editor:

**What is a young carer?**

A young carer is a child or young person who offers practical or emotional caring support to someone with a mental or physical illness, disability, or is dependent on drugs or alcohol. They carry out significant or substantial caring tasks, taking on a level or responsibility that is inappropriate to their age or development. Are you a young carer? You are not alone! There is plenty of support out there for you.

**Carers Rights Day 2021**

Each year, Carers Rights Day is held to:

* ensure carers are aware of their rights
* let carers know where to get help and support
* raise awareness of the needs of carers.

This year's Carers Rights Day campaign will focus on raising awareness of the rights that unpaid carers have. The pandemic has had a massive impact on the lives of carers, affecting access to services, the ability to juggle work and care and much more. That's why it’s more important than ever that carers are aware of what they have the right to.

**Centre 33**

Centre 33 exists to help every young person in Cambridgeshire fulfil their potential. We support and empower you to overcome your problems through a range of free and confidential services.

The Objects of the charity are to relieve and prevent suffering caused by mental or physical ill health, or by financial hardship, or need caused by other reasons, through the provision of counselling, information and other services to support young people aged 25 and under in the City of Cambridge, the County of Cambridgeshire, the City of Peterborough and surrounding areas.

We operate a range of services from free counselling and support to information on sexual health, housing, budgeting and also a young carers’ project. We run out of 5 main centres over 6 days a week and work with 1000’s of young people in Cambridgeshire and Peterborough every year.