**Template letter [Individuals]**

Dear <Name of: Member of Parliament/Member of the Senedd, Member of Legislative Assembly/Councillor>

I am writing to you about Young Carers Action Day, which is taking place on 15 March 2023.

This year’s theme is ‘Make Time for Young Carers’, which is why we are contacting you and asking for a moment of your time and your support. Currently, many young and young adult carers go unrecognised for the invaluable contributions they make to our communities.

‘Make Time for Young Carers’ highlights two things that are really important for young and young adult carers:

* The need for professionals and responsible adults to make more time **to listen to young and young adult carers** explain the challenges we face, so they can better understand the support young and young adult carers actually need.
* Once they understand the sort of support that’s required, responsible adults then need to make time to put that support in place.

<Insert any personal story relating to young carers and why you think they need more support. Please only include what you and your family are happy to share with Members of Parliament/Councillors>

I would appreciate your support in raising the profile of young and young adult carers.

<If writing to an MP you could add: As my MP I would be grateful if you would please consider attending the Parliamentary Young Carers Action Day event on Wednesday 15 March from 3:30-5pm. You could also show your support by joining the All-Party Parliamentary Group (APPG) for Young Carers and Adult Carers. You can do this by emailing appg@carers.org. Furthermore, we would hugely appreciate if you could pledge your support for young carers/young adult carers either at the Parliamentary event, or by visiting [www.carers.org/ycpledge](http://www.carers.org/ycpledge)>

<If writing to a Councillor you could add: For YCAD 2023, Carers Trust have produced a template Council Motion to raise awareness of YCAD and call for action to help raise the profile and commend young carers in our area. You can find this in the campaign pack>

Finally, I would be grateful if you were able to make time this Young Carers Action Day to meet in person and to discuss the invaluable contributions young and young adult carers make to our communities, and how you may be able to help campaign for additional support that will make a meaningful difference to our lives.

Yours sincerely,

<Insert Name>