

Young Carers Action Day

Wednesday 11th March

Give me a break!

The theme for Young Carers Action Day 2026 is '**Fair Futures for Young Carers**', a call to ensure every young carer has the same chances to learn, grow and thrive as their peers

The Carers Trust

Young carers face a huge array of challenges as a result of their caring role. Carers Trust young carer surveys repeatedly show that many young carers are disadvantaged in multiple aspects of their lives, including mental and physical health, finances, education and employment.

If you're a young carer and would like to get involved in Young Carers Action Day we would like to hear from you. Please email: youngcarers@carers.org.

[Signup to the Carers Trust Newsletter | Carers Trust](#)

Hounslow Young Carers Project

Hounslow & Ealing Young Carers Project is delivered by Brentford FC Community Sports Trust and offers support and advice to young carers aged between 8 and 18, who live in the London Borough of Hounslow or Ealing

The project is a chance for young carers to have a break from their caring role and to meet other young carers who are in a similar situation.

Voluntary agencies, as well as schools, can make a referral.

Please contact Kathryn Sobczak at ksobczak@brentfordfcst.com for further information.

[Friends of Hounslow Young Carers | Facebook](#)

[Young Carers | Brentford FC Community Sports Trust](#)

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)