

Carers Trust Wales
33 - 35 Cathedral Road
Cardiff
CF11 9HB

26 February 2019

Dear Dai Lloyd AM

When we gave evidence to the Health, Social Care and Sport Committee we were asked by David Rees AM to go back to our peers and ask them what things they think most need to change.

To make this happen we have worked with Carers Trust Wales to send a one-page form to all young carers services in Wales giving as many young carers as possible the chance to have their voices heard.

So far, we have had over 90 responses from young carers ranging in age from 8 to 24 from all across Wales. They have been supported by Network Partners of Carers Trust Wales, Action for Children, YMCA and Barnardo's to complete the form and return it to us and we are really grateful to them for their support.

We have also discussed this with the carers groups we represent on the Carers Trust Wales Youth Council and other young carers we know.

Although lots of different issues were raised, in our opinion there are 4 clear things that most young carers think need to improve:

- Awareness of young carers at school
- Opportunities to socialise with other young carers both at school and outside of school
- Chances to be active and to go on holiday with and without the people we care for
- Guaranteed funding for our young carers services so that we don't have to worry about losing the support we rely on

We think the Health, Social Care and Sport Committee of the National Assembly for Wales should listen to what young and young adult carers think is most important when making recommendations about what should change.

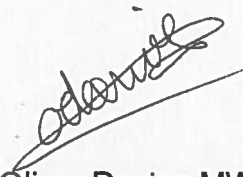
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We were really grateful to have the chance to meet with you and the rest of the Committee on Young Carers Awareness Day. It meant a lot to us and all of the other young carers who were there that you listened to what we had to say.

We hope that this additional information will be useful for you and that you can use it to help make sure that all young carers in Wales are supported. It is important that more people are made aware of what young carers do and the importance of recognising and supporting us.

If we can help with anything else as part of this inquiry, please contact us through Kate Cabbage kcabbage@carers.org

Yours sincerely



Grace Barton MWYP, Oliver Davies MWYP and Bethan Evans

Carers Trust Wales' Youth Council