

## **Young Carers Action Day 16<sup>th</sup> March 2022 - #StoriesNotStatistics**

*You may remember hearing Councillor Chris Williams speak at the Council meeting on the 28<sup>th</sup> of February, amplifying the voices of Young Carers, and asking Members what they could do for this year's Young Carers Action Day. Fellow Carers Champion Councillor Marlene Heron has taken action, and a banner will now be displayed proudly outside the Civic offices next week and annually for years to come.*

*What can other Members do to show their support to Young Carers so that they don't feel so isolated and alone? Carry on reading for more ideas, including what Councillors Marian James and Jane Pascoe did next...*

The Young Carers Ambassadors at Sutton Carers Centre hope that Young Carers' issues resonate with you.

National Young Carers Action Day gives us all a chance to highlight the contributions that Young Carers make to their families, friends and communities – as well as the challenges that they face.

Sutton's Young Carers Ambassadors have adopted the national theme of 'Taking Action on Isolation' as well as choosing their own, local theme of #StoriesNotStatistics to explore what 'solitude' means to them.

We know that 69% of both Young Carers and Young Adult Carers are feeling less connected to others since Coronavirus, and you can read more in the Carers Trust report [here](#) - but the Ambassadors would like to share their personal experiences in a creative and inspiring 'Digital Resource' as well as their bespoke 'Music Playlist', both of which will be launched [here](#) on the 16<sup>th</sup>.

So here is the ask of you: to contribute to their 'Solitude Music Playlist' for those moments when they need a bit of a lift when feeling alone, or perhaps when they want to block out the noise of the world around them. Solitude may mean loneliness - but it also can mean peace.

The Ambassadors are compiling their Playlist now, will release it on Wednesday, but will continue to build it over time. They would love you to take part, so if this theme of 'solitude' does resonate with you, please submit yours [here](#)!

Councillor Marian James has submitted her song choice, the poignant and most apt 'You Will Never Walk Alone'. Councillor Jane Pascoe has chosen the inspiring and invigorating 'This is Me' sung by Keala Settle.