

and we...  
Never change  
and one last thing  
your not alone!

always know  
there is someone  
to talk to

You are never  
alone

Being a young carer doesn't  
make you different it makes  
you stronger and  
better.  
You are loved  
♡

always be kind

There is always  
someone to talk to

Ur amazing-  
young carer  
or not♡

There will  
always be someone  
who understands.

Keep doing the  
best you can, I'm  
so proud of you!!♡

always helping me  
when I ~~am~~ needed

kevron ♡

you have to  
care for other  
people in the world.  
keep trying

there will always be somebody out there  
that loves you for you <3

THERE ARE LOTS of other young  
carers like you, so never think you're  
alone. Eliza L.

everyone has  
something they  
like, but  
they may  
not have said  
it yet.



you're loved on  
will always thank you!

You're  
not alone  
♡♡

Always  
someone who  
understands  
what you're going  
through



You are never  
alone. Someone will  
always be there for you.

you are so strong  
and do more than  
you'll understand ♡

Stay positive  
you're more  
important  
than you know  
be confident

keep going here  
you x

the world  
on your  
lips don't  
ask to ask  
HELP!

your Happiness is  
important too!!

Young Carers  
in Life!  
Love yourself

You're impor  
trust yourself  
life



love yourself

You're

dragon  
trying

you  
got  
this



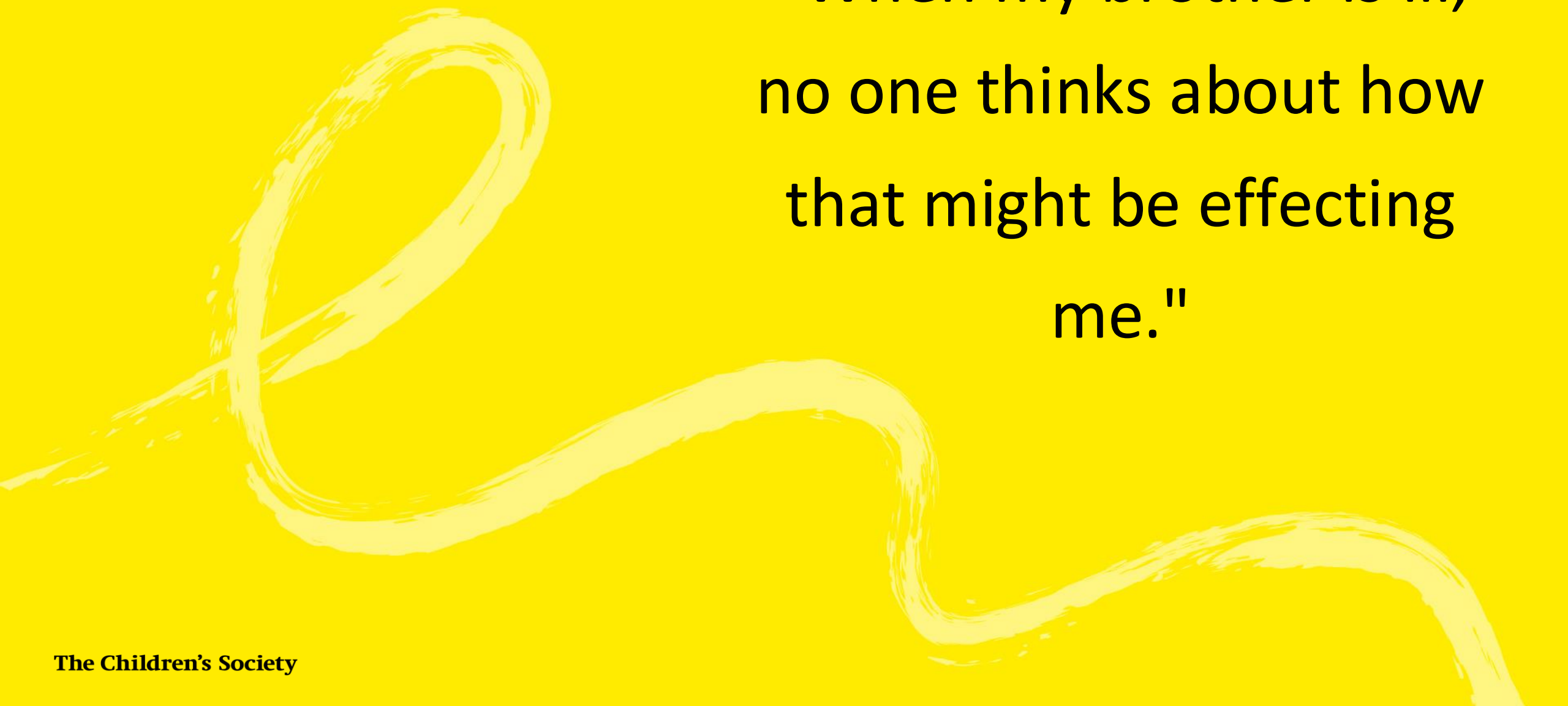
# A road map for young carers within armed forces families.











“When my brother is ill,  
no one thinks about how  
that might be effecting  
me.”

It can be hard at times and it can be very tricky to do day to day things. Such as go out, get ready for school, make dinner etc but apart from that it's nice to have a good bond with your loved one and spend time with them and help them when they need it.

# Task




Tasks have been created by members of the Nexus youth voice group.

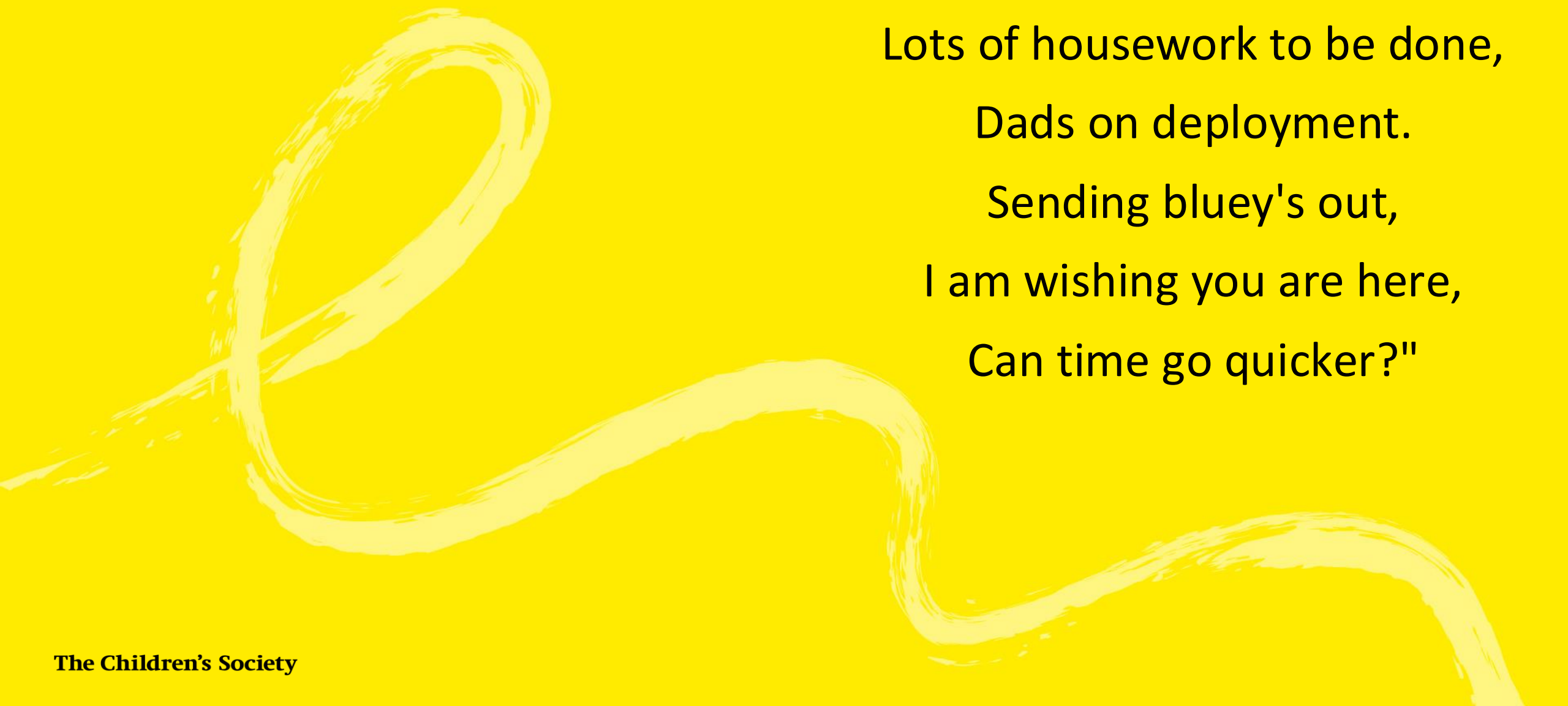
# Discussion

How could you reduce the time it takes to identify young carers?





“I want folks to listen and understand that we have been done over twice.”



“Hard times are ahead,  
Lots of housework to be done,  
Dads on deployment.  
Sending bluey's out,  
I am wishing you are here,  
Can time go quicker?”

# Chocolate





# First Days



# Cyprus

# Task



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# Discussion

How can you support children and young people with the challenges they face due to their caring role/growing up in an armed forces family?

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**It's not that I  
don't want to  
fly**

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# Task



# Discussion

How can you support a young person as they transition to young adult carer?

# Your pledge

- Can you pledge to make one small change that will make a big difference to young carers from armed forces families?

