**YOUNG CARERS ACTION DAY 2025 PROGRAMME**

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| 9.30am 10:00 | **Registration and workshop sign up**  **Sign in**  Choose 2 workshops |
| 10.00am | **Introduction by Young Carers Voice** |
| 10:20 - 11:20 | First Workshops |
| 10:20 - 11:20 | **Bristol Rovers Community Trust**  The workshop will consist of fun technical football practices along with some small sided games to play. All abilities welcome to come along and give this ago! |
| 10:20 - 11:20 | **Drama workshop**  Experience a taster session of ACTAs young carers theatre group for 10 – 18 years olds. |
| 10:20 - 11:20 | **Wellbeing Workshop**  Explore how to understand and manage your emotions in this interactive session with Creative Youth Network. |
| 10:20 - 11:20 | **Visual Alchemy: Creative Video Editing Workshop**   Join this interactive workshop to explore real-time editing techniques, powerful video effects, and the art of crafting dynamic motion graphics |
| 11.20-11.30 | BREAK |
| 11.30-12.30 | **Second Workshops** (Workshops as above repeated) |
| 12.30 - 1.30 | **LUNCH** |
| 12.30 - 1.30 | Interactive STALLS - including   * Young Carers Service * Bristol Drug Project * Young Carers Development Trust * Off The Record * ACTA Community theatre * Creative Youth Network * City of Bristol College |
| 1.30 | **Influencing session**  An opportunity for young carers to raise awareness of the issues they face and share their vision of what better support for young carers looks like with decision makers form Education and Children and Young People’s services. |
| 2.15 | **Round up by YCV and evaluation** |
| **2.30** | **Event Finish** |