



Living Well
North Tyneside
Supporting Health and Wellbeing

Advocating for Equality, Empowering Voices

Care Day, 21 February 2025, is the world's largest celebration of children and young people with care experience. It is a day to recognise their achievements, challenge the stigma they face, and promote equality in education, employment, and society. Since its launch in 2016, Care Day has grown into an international movement, supported by organisations across the UK and beyond.

But while Care Day is a celebration, it is also a reminder that care-experienced young people continue to face significant challenges. Many struggle with education, mental health, and discrimination. Care Day is about amplifying their voices, highlighting their successes, and calling for meaningful change.

Understanding Care Experience

Children and young people in care can be placed in a range of settings, including:

- Foster care – Living with foster families.
- Residential care – Living in a children's home.
- Kinship care – Living with relatives or family friends.
- Adoption – Finding a permanent home.

Each care experience is unique, but many young people face common challenges, including instability, difficulties accessing education, and the emotional impact of separation from family. Care Day seeks to promote greater awareness of these challenges and push for change to ensure care-experienced individuals receive the support they need to thrive.

The Challenges Faced by Care-Experienced Young People

Although many care-experienced young people go on to lead successful lives, statistics highlight some of the barriers they continue to face:

1. Education Gaps:

- Only 14% of care leavers go on to higher education, compared to nearly 50% of the general population.
- Care-experienced young people are less likely to achieve GCSEs or A-levels due to instability in their living and schooling arrangements.

2. Mental Health Struggles:

- Up to 50% of children in care experience mental health issues, compared to 10% of the general population.
- Feelings of abandonment, trauma, and instability can contribute to anxiety, depression, and PTSD.

3. Housing and Employment:

- Care leavers are more likely to experience homelessness, with 25% of homeless people having been in care.
- Many struggle to find stable employment due to lack of support networks and financial security.

These statistics highlight the urgent need for better support, advocacy, and policy changes to improve the lives of care-experienced individuals.

The Importance of Care Day

Care Day is not just a one-day event—it is a movement to drive long-term change. It is a day to:

- ✓ **Celebrate** – Recognise the achievements of care-experienced young people.
- ✓ **Raise Awareness** – Challenge negative stereotypes and promote inclusion.
- ✓ **Advocate for Change** – Push for better policies in education, housing, and employment.
- ✓ **Encourage Community Support** – Inspire people to support care-experienced individuals in their communities.

By celebrating Care Day, we can work towards a society where every young person, regardless of their background, has equal opportunities and the support they need to succeed.

How You Can Get Involved

Everyone can play a role in supporting care-experienced young people. Here are some ways to take action:

- **For Individuals**
 - Listen to and share the stories of care-experienced young people.
 - Show kindness and support to those in your community.
 - Use social media to raise awareness – share posts using #CareDay2025.
 - Volunteer with organisations supporting care-experienced individuals.
- **2. For Schools & Universities**
 - Host events to celebrate the achievements of care-experienced students.
 - Offer mentoring or support programmes.
 - Encourage discussions on breaking down barriers for care-experienced individuals.
- **For Employers & Organisations**
 - Offer work experience, apprenticeships, or job opportunities to care-experienced young people.
 - Implement policies that provide extra support for care leavers.
 - Partner with charities working with care-experienced individuals.

Care Day 2025 is a time to reflect, celebrate, and take action. By supporting care-experienced young people, we can ensure they receive the respect, opportunities, and support they deserve—not just for one day, but every day.

Related Links

- [National Network for the Education of Care Leavers](#)
- [Support for young people](#)
- [Care Leavers' Association](#)
- [Become Charity \(Supporting young people in care\)](#)

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