

MY MESSAGE ABOUT CARE IS ...



#CAREDAY

BEING IN CARE MEANS ...



#CAREDAY

Instructions for use

Write your #CareDay message on the placard

Take a selfie, or get someone else to take a photograph of you, holding your placard like this,



The tweet the picture to @VoicesFromCare and use the hashtag #CareDay and your messages will be joined together with care experienced young people from across Wales and the UK.

Your Voice Matters!!!