



## Quote for Scholastic press release

Sarah Collin, Lead for Young Carers at Family Action, said: "I'd like to thank Helen Rutter for shining a light on the challenges which young carers face. One of the biggest of which is that young carers often go unseen, as the adults around them do not realise the reality of their home life.

"The 'wishes' which Helen and her publishers have granted for the young carers supported by Family Action will be a welcome treat and are a wonderful way to let them know we are here to help. If you know a young carer who would benefit from joining their peers in a social support group, then please get in touch with Family Action."

Ends

### Contact details:

Email: PR Manager Rebekah Sharrock at [media-pr@family-action.org.uk](mailto:media-pr@family-action.org.uk)

Phone: 07903 074 174

**Family Action** is a national charity committed to building stronger families and brighter lives. Since the charity was founded in 1869, we have continued to help children and families overcome the challenges they face through a wide range of practical, emotional and financial support. Today we work with more than 60,000 families in over 200 community-based services, as well as supporting thousands more through our national helpline, FamilyLine, which offers free and immediate support to adult family members and national schemes like the National School Breakfast Programme.

We help families and individuals to manage their mental health and wellbeing, working with families to reduce the impact of social isolation, poverty, addiction and other significant sources of stress and pressure. We also support families affected by adoption, special guardianship, separation, special educational needs, disability, domestic violence and sexual abuse. In addition, we provide thousands of welfare and educational grants every year to people in financial crisis.

For further information, please visit our website at [www.family-action.org.uk](http://www.family-action.org.uk)

**Registered charity number: 264 713**

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