

# FRIDAY 16TH FEB 2024



Celebrating and connecting the  
care experienced community

**BECOME.**  
THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS



**WHO  
CARES?**  
SCOTLAND

**EPIC VOYPIC**



# CARE DAY 2024 INFO PACK

For Professionals and Corporate Parents

# WHAT IS CARE DAY?

## According to the UN:



International days are occasions to educate the general public on issues of concern, to mobilise political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.

Care Day is the world's biggest celebration of people with care experience. The term "Care Experienced" refers to anyone who has been or is currently in care. Care Day is celebrated on the 3rd Friday in February each year and started in 2016.



## 5 Nations, 1 Voice

**Care Day** came as the result of five charities representing Care Experienced children, young people and adults across the UK and Ireland joining together, with the aim to support Care Experienced people to shape policy and effect change across the UK and Ireland. As part of the 5 Nations, 1 Voice alliance launch, Friday 19th February 2016 was named Care Day, with activities planned across the nations.

5 Nations, 1 Voice brings together Who Cares? Scotland, Become (England), Voices from Care (Wales), VOYPIC (Northern Ireland) and EPIC (Ireland). Each organisation is uniquely positioned in their own nation, and they share a common purpose: to represent the views or promote the voices of Care Experienced people to improve their experiences and outcomes.

The tagline "Celebrating and Connecting the Care Experienced Community" was chosen by a planning group made up of Care Experienced people from each of the five nations.

The 5 Nations, 1 Voice alliance invites every child, young person and adult with experience of care and their supporters to connect on this day of united celebration.

# WAYS TO SUPPORT CARE DAY 2024



## EVENTS

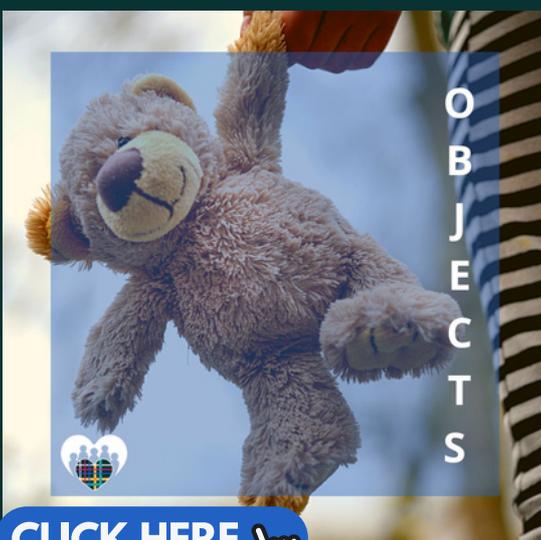
Support Care Experienced people to attend our annual Care Day celebration, **The Carelidh!**

We would love to hear what you are doing to celebrate Care Day 2024. If you are planning an event and would like us to list it on our website please email [comms@whocaresScotland.org](mailto:comms@whocaresScotland.org).



## PLEDGE YOUR SUPPORT

Since 1978, we've heard from Care Experienced people that care can have a lifelong impact. The available data shows that Care Experienced people currently do not have the same life outcomes as their non-experienced peers. The Lifelong Rights Campaign is our commitment to change this. Support Care Experienced people in Scotland by signing our Lifelong Rights Campaign pledge.



## LISTEN TO OBJECTS

**Objects** is our podcast that launched in February 2021 as part of our celebrations for Care Day. Series host Charlotte Armitage sits down with Care Experienced people, ranging from Scottish wrestling legend, Ravey Davey to Glasgow City Councilor, Graham Campbell to look at three objects that represent the different moments in their lives. Each object represents their life before, during and after care.

# WAYS TO SUPPORT CARE DAY 2024



**CLICK HERE**



## DO YOU CARE2DARE?

Start your 2024 Care Day celebrations early by taking part in the Care2Dare? Firewalk on Thursday 15th February. Face the flames and raise money in support of Care Experienced people!

If the Firewalk doesn't sound like your thing, you could take on your own personal challenge – maybe you want to do your first 5K or give up chocolate for a month!

Visit our [fundraising page](#) for more info, go on we dare you!



## BECOME CARE AWARE

Through our bespoke training packages, we can help your existing workforce to understand care experience and explore how your organisation can provide a scaffold of support around Care Experienced colleagues - enabling everyone to thrive.



## BECOME CARE AWARE

Who Cares? Scotland offer packages of training and support to a range of different audiences, including Corporate Parents, schools and workforces. Get in touch today to find out how you can best support Care Experienced people within your organisation.

Did you know training for Corporate Parents is completely free? [Download](#) our offer pack.

**CLICK HERE**



**WHO CARES?**  
SCOTLAND

To find out more about Care Day please visit:  
<https://www.whocaresscotland.org/care-day>

If you have any questions email:  
[comms@whocaresscotland.org](mailto:comms@whocaresscotland.org).



# SUPPORT CARE DAY ON SOCIAL MEDIA

You can download the Care Day logo and premade graphics from Canva to add to your posts for the big day or use one of our premade templates!

[VIEW CANVA ASSETS](#)



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care experienced community



## SHOUT ABOUT IT!

On the day we'd love to know how you're celebrating, so make sure you tag us on social media [@WhoCaresScot](#) and [@WhoCaresScotland](#) and use the hashtag [#CareDay2024](#)

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