

Young Carers: A LIFE IN FOCUS

A SERIES OF 5 PHOTOGRAPHY WORKSHOPS FOR SMARTPHONES

BY **JO BRADFORD**

Are you a Young Carer in the UK?

The Royal Photographic Society and Action for Children would love you to take part in a project that would enable you to learn new things and show us what's important to you.

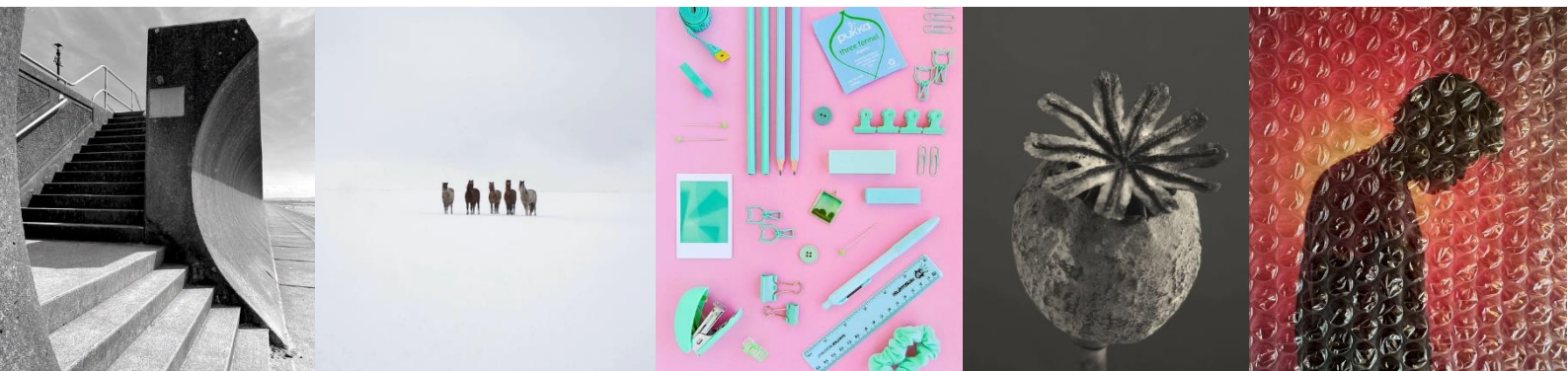
If you're a young carer, you probably look after one of your parents, or perhaps care for someone else in your family. It can be a big responsibility at a young age that comes with a great sense of pride and admiration – however you may sometimes be experiencing feelings of loneliness, and stress. That's why it's important that you take time out for yourself to do something you enjoy for your own mental health and wellbeing.

Photography can be a great way of sharing your thoughts and emotions, capturing snapshots of your interests and experiences, and showing the things that make you unique. Through a series of exciting, playful workshops with professional photographer Jo Bradford and a series of video interviews with renowned photographic artists, you can learn tips and tricks to produce your own amazing images using anything from your mobile phone to the camera on your laptop.

So, if you want to learn a whole new skill or you've already mastered the basics, there will be something for everyone. You don't have to be a photographer, you don't have to come in with ideas ready to go, this is a chance to learn something new and have some fun along the way.

We are asking you to take photographs of what's important to you in your everyday life and we'd love to see them! Selected entries will be part of a nationwide exhibition, Young Carers - A Life in Focus.

To Register visit: rps.org/lifeinfocus



CREDIT: Jo Bradford



Supported using public funding by
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