

[HTTPS://BEFREEYC.ORG.UK](https://befreeyc.org.uk)

# Be Free Young Carers

The only charity in Oxfordshire devoted to improving young carers' well-being and opportunities, through the provision of recreational, emotional and social support.



# Who We Are



- Independent small charity, the only specialist provision in the county.
- 30 years of support.
- Operating in Vale of White Horse, South Oxfordshire, Oxford City & West Oxfordshire
- 12,000 Young Carers in Oxfordshire, average of 6 new referrals a week.

# What is a Young Carer?



## ADDITIONAL NEED IN THE HOME

- Disability
- Illness
- Mental Health condition
- Substance or alcohol misuse

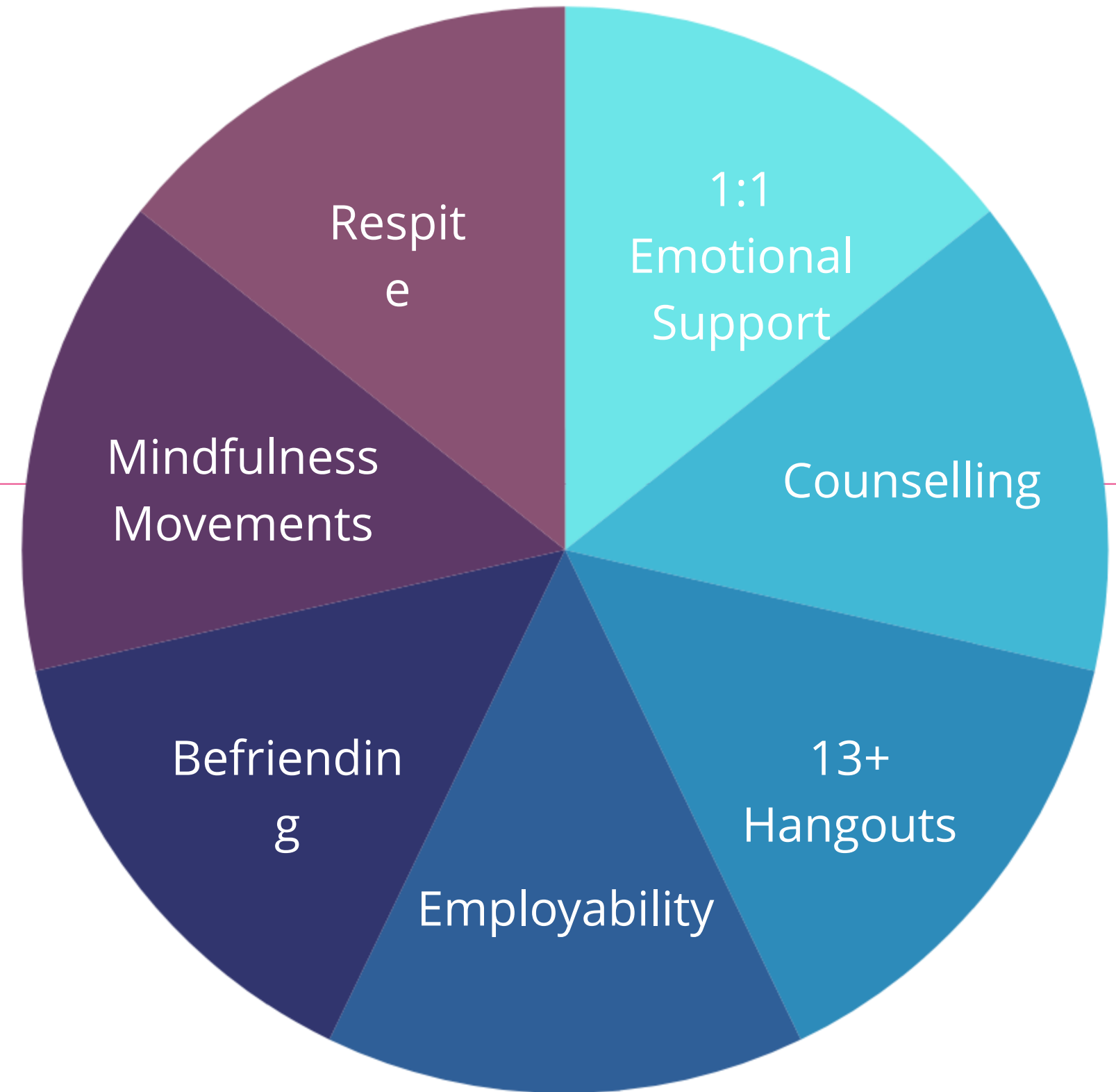
## PHYSICAL CARING ROLE

- Personal hygiene
- Medication
- Household task

## EMOTIONAL IMPACT

- 1 in 2 Young Carers report Mental Health concerns

# What We Do





# Charity Overview

**627**

Young Carers provided  
with respite

**11**

Young Carers matched  
with a befriender

**174**

1:1 Emotional Support  
Sessions provided

**£9.03**

For every £1 invested  
into the charity

# Support in Abingdon

120 Young Carers registered  
in Abingdon.

Since July we have run 1-2-1  
emotional support with 5 Abingdon  
Young Carers.

25 new young carers in the past  
6 months.

We have worked with  
6 schools in the area

We have been running  
Mindfulness Movements  
in 2 schools.

Provided 25 respite  
sessions to young carers in  
Abingdon since May 2024

# School support in Abingdon

- **Larkmead School** - currently completing 1-2-1's in the school and we are about to start hosting 'drop in sessions' for young carers within the school.
- **Abingdon Witney College** - we attended their Freshers Air and they are keen to find ways for us to be represented throughout the school. Our youth worker is attending a drop in session at the school in March.
- **Fitzharrys School** - currently completing 1-2-1's and have helped them to set up a young carers group.
- **Caldecott Primary School** - we have met with the young carers lead within the school, they have been accessing our Mindfulness Movements programme.
- **Dry Sandford Primary School** - we have met with the young carers lead.
- **Sunningwell Primary school** - we have met with the Head and the young carers lead.
- **John Blandy Primary School** - we have met with the young carers lead, we are in discussion about assemblies and PSHR workshops with the students.

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# Be Free Young Carers

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