

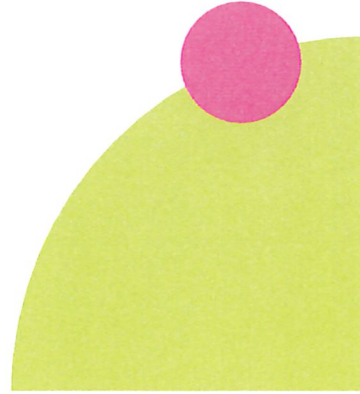
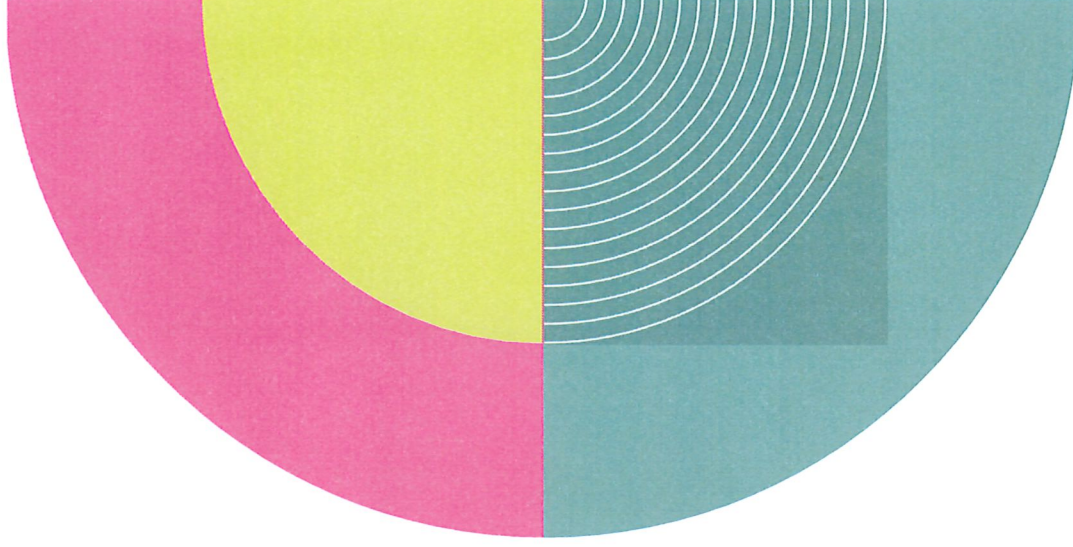


BE FREE YOUNG CARERS 12-MONTH REPORT

July 2024

DIDCOT TOWN COUNCILS SUPPORT

- Funding allowed us to provide 29 respite activities between July 2023 – 2024 for children in South Oxfordshire.
- We were able to offer 531 places to young carers in South Oxfordshire including Didcot.
- Have continued to provide 1-2-1 emotional support in Didcot schools including Didcot Girls School, Didcot Primary Academy





SCHOOL HOLIDAY ACTIVITY PROGRAMME

3

Thanks to your amazing support, thanks to your support we ran some amazing trips across the Christmas Holidays, February half term and Easter Holidays.

- We have hosted **trips and activities** for our young carers aged 8-12 years old, **filling places**.
- Our trips have included, going to **Ice Skating**, **Lazer Combat**, **Trampoline parks** and **Footgolf!**

Our feedback forms have shown:

- 100% reported that they felt happy and had fun when on the trip
- 75% reported that they were able to connect with other young carers on the trip.
- 91% reported that the trip provided a break from their caring role, the remaining 8% responded 'maybe'
- 90% would recommend our 13+ youth group to other young carers, 9% responded 'maybe'

SCHOOL HOLIDAY ACTIVITY PROGRAMME⁴

Here is direct feedback we have received:

“Thank you so much for your efforts and support with the children. Personally it was the first time in a year that I could go to the hairdressers. You are support the mental health and wellbeing of many families!” – Parent of a young carer

“They had an absolute blast! Thank you so much.” – Parent of a young carer

“Just wanted to pass on mine and X’s thanks to BFYC for a wonderful day today. X has clearly had a great time and it has been a real boost to her confidence to make some new friends today. You and your team are much appreciated!” – Parent of a young carer

“You help us to like make sure we belong here. You give us respite and stuff like that and so many opportunities which are like genuinely life changing.” – Young Carer

*Name changed to protect the identities of individuals



1-2-1 EMOTIONAL SUPPORT AND COUNSELLING ⁶

Since your generous funding in June, we have supported **36** young carers with 1-2-1 emotional support and **18** young carers with counselling sessions!

- We have provided **216** amount of emotional support sessions
- We have provided **110** counselling sessions for our young carers.

Here is feedback we have received:

- “We would be lost without you! You have helped our family so much and I am very grateful. My oldest son especially gained so much, having the support 1-1 was much needed. Thanks so much!” – Parent of young carer
- “Thank you so much for all your help with *Grace. Both me and Grace really appreciate it and it has really helped Grace during her difficult times at school recently.” – parent of young carer

*Names changed to protect the identities of individuals



13+ YOUTH GROUPS

7

Our 13+ Youth Groups have been a great success. We have hosted 12 trips or hangouts for our young carers over the age of 13.

- We have filled **207 places** on our trips or hangouts since June!
- We have provided **99.5 hours** of respite for our teenage young carers, that is over **4 days in total!**

“You make me feel like I'm actually involved in everything that's needed. Once we're done and I make friends and I am happy and I get away from everything else. Kind of like away from reality sort of thing.” – Young carer

“Leo* really enjoys the 13+ monthly meets and is always asking when the next one is, this is great as Leo doesn't tend to socialise out of school hours.” – Parent of a young carer

*Name changed to protect the identities of individuals



BEFRIENDING

9

Our befriending service has had great growth. We now have had 11 matches up and running and have done fantastic trips such as:

- Rock climbing
- Going for Pho
- Driving range
- Bowling

We had 15 befriender applications in 2023 – 2024, meaning there are now 21 bendifrienders registered.

Here is a quote from one of our Befrienders:

“Every Tuesday I speak to Tom* and he is so excited as he knows he is out with his befriender that afternoon“

*Name changed to protect the identities of individuals

THANK YOU!

From the whole Be Free Young Carers team. Your support has really made a positive impact in the lives of Oxfordshire's young carers.

