



Be Free Young Carers 4 month Report

February 2025

DIDCOT TOWN COUNCIL FUNDING

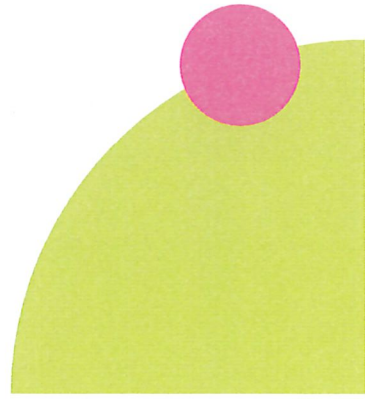
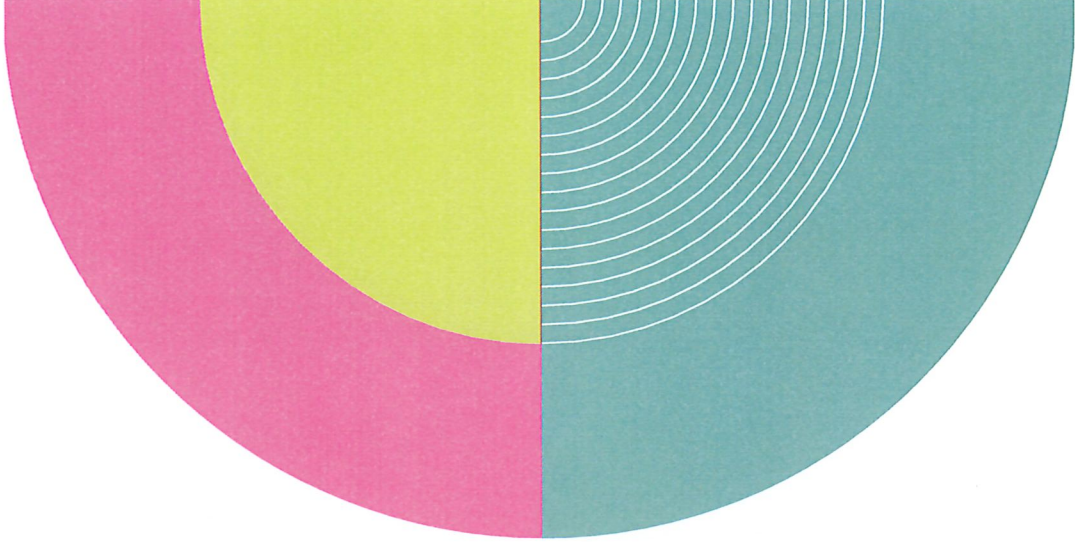
Our volunteer coordinator has been working to build up the befriending volunteer support that we are able to offer in Didcot.

- In order to spread awareness of our befriending volunteer programme our coordinator has completed leaflet drops, liaised with local advertisement opportunities, used OCVA and local magazines.
- We have 8 active volunteers in Didcot, 5 of these are new volunteers.
- We have had 6 successful befriending matches in Didcot across the past year, many of which are still on going.
- We have 6 matches that are currently being organised. These can take time to organise for reasons such as initial match meetings having to be rearranged by families.
- We had 1 additional match that was then not successful following the matching meeting.

WIDER SUPPORT IN DIDCOT

- A total of 196 young carers have been registered within the Didcot community, indicating a notable presence of individuals engaged in caregiving responsibilities. Since October we have had an increase of 32 young carers.
- We have provided 24 1-2-1 emotional support sessions in Didcot since October with 2 young carers being in the middle of their 6 week support. We have an additional 6 young carers in Didcot on the waitlist for this support.
- So far in 2025 we have been working closely with Manor Primary School and Willowcorft community school along with Chilton Primary School and Hagbourne School. We have developed the relationships we have with these schools to support them with setting up young carers groups, supporting with policies and identification. We have our world book day tour coming up soon and all 4 schools will be having a visit to gain more awareness of young carers.
- Didcot has been a key coach stop on our respite trips which has allowed young carers to attend venues such as VR, Flip out and our 2024 Young Carers Christmas party.

**Be Free Young carers
over the past 12
months**





School Holiday Activity Programme

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Thanks to your amazing support, we have had an extremely successful 2023/24

- We have hosted **36 trips and activities** for our young carers aged 8-12 years old, filling **683 places**.
- Our trips have included, going to **Chessington World of Adventures, Wet n' Wild**, and **Hillend Survival Skills!**
- In the recent October half term we provided trips to **High Score, Parkour, Oxford Science Centre** and **cooking activities**.

Our feedback forms have shown:

- 100% reported that they felt happy and had fun when on the trip
- 98% 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 9% responded 'maybe'
- 88% would recommend our trips to other young carers, 11% responded 'maybe'

School Holiday Activity Programme

Here is direct feedback we have received:

"This has been a fantastic opportunity for Mary* and we are extremely grateful that she has been included, she loves going on the trips and will regularly ask when the next one is. Thank you so much to all the staff involved in making these events possible! I particularly enjoyed the chocolate event that was something me and Mary could do together! Again, I cannot thank you enough for the time and effort that makes these opportunities available to families like mine" – Parent of a young carer

"Thank you so much for the trip, I find school hols can be particularly tricky to judge with one disabled child/one young carer to make sure everyone's needs are met and having a great day out with you guys makes a huge difference!" – Parent of a young carer

"Be Free 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

*Name changed to protect the identities of individuals



1-2-1 Emotional support and Counselling

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Since your generous funding in October, we have supported **36** young carers with 1-2-1 emotional support and **17** young carers with counselling sessions!

- We have provided **216** amount of emotional support sessions
- We have provided **125** 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

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



Thank you!

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