

HERE TO HELP YOU AS A YOUNG CARER

We provide independent and confidential support for young carers aged between 8 to 25 years who live in Oxfordshire:

- Time out from caring through fun trips and activities
- Building your confidence through workshops and training
- Opportunities to meet other young carers and make new friends
- Information and advice about how you and your family can get practical or financial help
- Help to get extra support at school, if you need it
- Someone to talk to in confidence



GET IN TOUCH

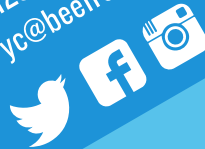
01235 838 554

befreelyc.org.uk



YOUNG CARERS

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With thanks to all our funders.
Reg charity no.1042708. Company Reg no. 2989722



YOUNG CARERS

LOOK AFTER SOMEONE IN YOUR FAMILY WHO IS ILL OR HAS A DISABILITY?



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Do you help to look after someone in your family who has a physical illness or disability, a mental health problem or is dependent on drugs or alcohol?

- You may cook, clean, wash or do the shopping
- You may spend a lot of time with the person you care for keeping them company or making sure they're OK
- You may help wash or dress the person who needs care or take responsibility for organising the home
- You may help the person you care for attend appointments and visit them while they are in hospital



We can help you

We help young carers age 8 to 25

- It is important that you have the opportunity to relax and have a break from your caring role
- We organise regular day trips and activities where you can meet other young carers and have fun
- We are here to listen and respond to your needs as a young carer

We think it is important that you have the opportunity to relax and have a break from your caring role. We are here to listen and respond to your needs as a Young Carer.

Ask us for advice or support by phoning 01235 838 554 or email yc@befreeyc.org.uk.

As a young carer there may be times when you need help and support

- You may be finding it difficult to juggle your responsibilities at home with the pressures of school life
- Caring for someone in your family may make it difficult for you to relax and have fun
- You may find it difficult to talk to friends about how you feel

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