

South and Vale Carers Centre

South and Vale Carers Centre is an independent Charity with over 20 years of experience in providing support for Young Carers in Oxfordshire. The Centre provides innovative, dedicated and on-going support for Young Carers age 8-25 in the South and Vale area.

The support we offer includes:

- **Emotional Support** through provision of 1:1 coaching sessions, during which our experienced support worker listen to Young Carers and talk through any difficult feelings, issues, and/or their experiences, offer practical information and coping support, and/or signpost to relevant support services. Demand from parents and children for this type of support is high. This offers vital support for Young Carers and their families;
- **Practical Support** through the provision of Caring Skills Training Workshops for Young Carers to support them in their caring role (e.g. First Aid, Health and Safety, Managing Challenging Behaviour). Training workshops prove very popular amongst Young Carers, giving them vital learning and practical skills to keep safe and deal with complex situations in a well-informed way, alleviating some anxiety and stress;
- **Social Support** through the provision of free trips and social opportunities where young carers can simply be young people, have fun and take part in activities that they just wouldn't get access to in any other way, helping reduce social isolation and protecting their health and wellbeing. Trips and activities are currently divided into two age groups: 8-12 and 13-18. In 2015, we were able to offer just over 300 free spaces for young carers to take part in Trips and Social Activities. Examples of Trips included: locally, the Cotswold Wildlife Park, and further afield Thorpe Park, Cadbury's and Harry Potter Worlds. For the many Young Carers who take part, these social opportunities are a lifeline.

SVCC provision is person-centred and takes account of each individual's circumstances and needs. Central to the support we provide for a Young Carer is the development of a strong relationship between our team and the young person and their family. We meet with every Young Carer and their family to determine their caring role, the impact caring has on them and their needs.

More information is available at www.svcarers.org.uk or on Facebook at www.facebook.com/svcarers

Contact South and Vale on: 01235 838 554