BE FREE YOUNG CARERS LTD

England & Wales · Charity number 1042708

Details

Other names	THE SOUTH AND VALE CARERS CENTRE
Status	Registered
Legal form	Charitable company
Company number	02989722
Registered	1994-12-09
Register	View on the Charity Commission register

Contact

Address	Harwell Innovation Centre Curie Avenue Didcot Oxfordshire OX11 0QG
Phone	01235838554
Email	yc@befreeyc.org.uk
Website	www.befreeyc.org.uk

Activities

Objects: 1) TO ALLEVIATE THE CONDITIONS OF LIFE AMONG PEOPLE WHO ARE CARING OR HAVE CARED FOR ELDERLY, SICK, DISABLED, HANDICAPPED OR OTHERWISE INFIRM PERSONS AT HOME AND WHO ARE IN NECESSITOUS CIRCUMSTANCES AND FOR THAT PURPOSE TO PROMOTE THE MATERIAL WELFARE OF SUCH CARERS AS AFORESAID TO RELIEVE AND ALLEVIATE AND TO ADVANCE, PROMOTE, ENCOURAGE AND ASSIST IN THE RELIEF OR ALLEVIATION OF ALL KINDS OF MENTAL AND PHYSICAL INFIRMITY, SICKNESS, DISABLEMENT OR HANDICAP INCLUDING MENTAL ILLNESS ATRIBUTABLE TO CARING AMONG CARERS AND THOSE PERSONS FOR WHOM THEY ARE CARING IN SOUTH OXFORDSHIRE AND THE VALE OF THE WHITE HORSE AND SURROUNDING AREAS. 2) TO ADVANCE THE EDUCATION OF THE PUBLIC ABOUT THE PART THAT CARERS AND CARING CAN PLAY GENERALLY

Activities: Be Free Young Carers supports young carers aged 8 to 17 years old, by providing 1 21 emotional support, respite activities, 13 plus Youth Club, bespoke befriending service and offering training in practical skills, all of which helps reduce the anxiety and stress so many young carers experience and increases mental health.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** SOUTH OXFORDSHIRE AND THE VALE OF THE WHITE HORSE AND SURROUNDING AREAS
- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£421,059	£395,027	-	-
2024-03-31	£413,413	£330,434	-	-
2023-03-31	£338,145	£317,383	-	-
2022-03-31	£296,248	£250,935	-	-
2021-03-31	£303,366	£167,806	-	-

Trustees

Name	Role	Appointed
Carol Dunne		2025-03-19
Gavin Jones		2025-09-19
Laurie Cooper		2022-06-07
Nicola Mellings		2025-03-19

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BE FREE YOUNG CARERS LTD

England & Wales - Charity number 1042708

Accounts

BE FREE YOUNG CARERS



Annual Report & Accounts

2024 - 2025

Registered Charity Number: 1042708 / Company No: 2989722

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Be Free Young Carers

Charitable Non-Profit Organisation
No: 1042708

Company No: 2989722

Harwell Innovation Centre
173 Curie Avenue
Didcot
Oxfordshire
OX11 0QG
www.befreeyc.org.uk

Trustees

David Wells (Chair)
Loretta Light (Vice Chair)
Laurie Cooper
Colin Mitchell
Angus Horner
Roger Eccleston
Parajmjit Parmar (appointed 4th October 2024)
Nicola Mellings (appointed 19th March 2025)
Carol Dunne (appointed 19th March 2025)

Independent Examiners

UHY Ross Brooke
Suite I
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Solicitors

Osborne Clarke
3 Forbury Place
23 Forbury Road
Reading
RG1 3JH

{We would like to thank Osborne-Clark for their continued support with providing us pro bono support and advice.}

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling

A Message from our CEO

"Another year has flown by and in an organisation that is at the forefront of social change for young carers, it has moved fast. As well as continuing our expansion plan to become countywide, we have seen growth in terms of our beneficiary numbers and organisational structure. This has all been developed so that we can mature into the organisation that we need to be, in order to best serve our beneficiaries."

Another 12 months has flown by and I am in awe at the development that we have undergone as a charity. This year has seen us mature and grow into our aim of becoming a countywide charity. The highlights include expanding into our 4 geographical area of West Oxfordshire, building on the internal infrastructure, building on the fundraising team and introducing a Senior Leadership Team consisting of an Operations Manager and Head of Fundraising. Alongside this, we are reaching far more young carers than before, are demand has increased not only in the new territory but also within our existing patches. Like most charities, demand still outstrips supply. We are constantly trying to make sure our work is as impactful and transformative as we have this responsibility to our beneficiaries and our donors.

Yet again, we have been wonderfully supported by new and existing funders, who recognise the value and impact of the work we do. We are contantly reviewing and tweeking services to make sure they are delivering good quality youth work, counselling, 121 emotional support and befriending. We are an organisation that is run mostly of volunteers, with 13 paid team members, we are able to reach over 650 young carers aged between 8-17 years old.

Without our incredible volunteers, we simply could not do what we do. When I reflect on the enormousity of the task in hand, I am in awe of the support we have attracted and continue to attract, from funder, corporates and the community. I would like to give my heart felt thanks to all those volunteers that make Be Free Young Carers what we are, for those that recognise our important work and give time and funds to support us – thank you.

This year has seen us work hard to establish a team of purpose and commitment. We have invested in staff through their individual development programmes, course and qualifications, which has led us to upskill staff and retain those quality employees. I am immensely proud to everyone of my team for the effort and heart that they put into our organisation. Each with a lived experience of either being a young carer or having a caring role, we lead the sector with passion, insight and expertise. A huge and unequivocal thank you to each and every member of our Be Free team.



Growth in advocacy

We continue to develop and encourage our young carers to be proud of who they are and their role. Our older young carers have played a leading part in helping change the landscape for young carers both locally and nationally. We have seen our young carers become advocates in their schools, to hold fundraisers, school assemblies to raise awareness and recognition for all they do for their families. Our young carers have taken this to a national level, with our Oxford Young carer, with the support of her Youth Worker, Lorraine, being the ambassador to the Children's Commissioner of England. We have seen this level of influence extent with our own Be Free Young Care ambassador, Holly Cobb taking to parliament, alongside our young carer Keeyan, giving evidence at the parliamentary committee hearing which then formed part of the Cassey Committee recommendations. Our values are not just for our team, but for our young carers to, they have shown the embodiment of empowerment through our Youth Panel and getting involved politically at local and national levels.

Growth

Over the past year, we have responded to growing demand by expanding our delivery channels and increasing the availability of respite activities for young carers across all our service areas.
Our mental health support has scaled significantly, with Youth Workers and our Counsellor delivering a record number of one-to-one emotional support and counselling sessions. Despite high demand, we've successfully maintained minimal waiting lists, bridging the gap between statutory services and community needs.

The Mindfulness Movement programme, designed to support the wellbeing of primary-aged young carers, has proven effective as an early intervention tool, helping to prevent mental health decline.

We've strengthened our presence in schools by establishing more young carer groups and collaborating with teachers to identify and support young carers. This has fostered peer networks and a sense of belonging within the school environment.

Our Youth Clubs for teenage carers have continued to thrive, and the development of our Young Carer Youth Panel has amplified their voices. Notably, one of our panel members was asked to give evidence at the APPG in Parliament.

In addition to our core services, we remain committed to addressing digital, food, hygiene, and period poverty. This includes providing laptops to rising Year 7s, distributing hygiene products through our office and respite trips, and ensuring food provision during Youth Clubs and respite activities.

Earlier this year saw us expand into West Oxfordshire, were there are no young carer services currently. We were able to do this, thanks to support from our funders. We are delighted to be able to appoint staff from west Oxfordshire to fill thepositions of Youth Workers, coming from the local community. We look forward to developing this area in the years to come as we work collbratively with other organsiations.

Our dedicated staff continue to drive meaningful change for young carers in Oxfordshire. Their passion and hard work are the foundation of our success, and they should be proud of the impact they've made.

Growth in our income

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Year ahead

In the year ahead, Be Free Young Carers will continue to strengthen its presence in West Oxfordshire, ensuring services are tailored to the needs of young carers. We aim to complete our countywide expansion and are actively seeking funding to support this pivotal growth. Once secured, we will collaborate with partners to establish a presence in North Oxfordshire. Plans are also underway to launch a bespoke service for young carers from military families, an underserved group identified through recent enquiries. We are enhancing our engagement with schools by developing a CPD-accredited training package for safeguarding and young carer leads, and will host a roundtable with our local MP and educational trust leaders to address countywide needs. Looking ahead to early 2026, we plan to host the first Be Free Young Carers Conference, bringing together school leads for recognition, training, and development. Our advocacy efforts will expand through the Young Carer Panel, both locally and nationally, and we are proud to see our ambassadors and young carers nominated for the BBC Make a Difference Award. We will continue to hold the local authority accountable for its statutory responsibilities and are preparing to strengthen our board of trustees through a skills audit and targeted recruitment. These exciting developments will be supported by a rebrand, a new website featuring school resources, and the launch of the Be Free School Award to recognise schools meeting our Young Carer standard. Like always, it's a busy time but as a team we are resillent and tenacious in the support and advocacy that we offer young carers, 2026 is set to be another period of growth and change, as a team we are looking forward to this as we continue to serve our young carers in the most impactful and needed way possible.

We are committed to strengthening partnerships with other charities and organisations to ensure that young carers' needs are prioritised and clearly represented in strategic decision-making. It is vital that their voices are integrated into policy development and implementation. By actively involving young carers in consultations, discussions, and decisions, we can better understand their unique challenges and design tailored support. This inclusive approach not only raises awareness of their role but also fosters a more supportive environment, helping young carers to thrive both personally and academically. Collaboration remains central to our long-term vision of making Oxfordshire a leading county for young carers.

As we mark our 30th anniversary, this is a moment for gratitude, reflection, and bold ambition. Be Free Young Carers is ready to embrace the future with renewed energy and purpose, determined to create lasting change for the thousands of young carers across Oxfordshire. We invite all those who share our vision to join us in this vital mission. Together, we can make a powerful, long-term difference in the lives of these remarkable young people.



Reference & Administrative Detail

Be Free Young Carers is a company limited by guarantee, incorporated in England & Wales and a registered charity. The Trustees who are also Directors for the purposes of the Companies Act 2006, have pleasure in presenting their report and the unaudited financial statements of the Charity for the year ended 31 March 2025.

Chair of Trustees' Statement



'I am very pleased to report the Charity continues to expand and develop our services to meet the growing need to support Young Carers in Oxfordshire . The Trustees and I are very grateful to the CEO, staff team and volunteers for their continued hard work and outstanding efforts to improve the lives of our Young Carers.

In response to the continued demand for our services, the Charity is now providing direct services in four of the five districts of Oxfordshire, with plans and funding to cover the remaining area of Cherwell. To sustain this growth, we have seen increased levels of financial support, a significant collective success for the team. A big thanks to all our funders and supporters.

I am very grateful to our excellent group of Trustee's for their continued commitment to the Charity, in particular our newer Trustees who bring fresh energy and ideas. In the coming year the Trustee Board will see some significant change with the appointment of a new Chair, and a number of our longer serving Trustee's stepping down. Thank you to all for your contributions.

I look forward to another year where we can collectively make a difference.'

Structure, Governance & Management

The Charity which during the year employed 13 people is led by a well-established, effective Board of Trustees, recruited for their complementary knowledge, skills and experience.

The Board of Trustees now meets four times a year and for the AGM. Three sub committees of the Main Board have been established to support the CEO with the day to day running of the charity. They are Quality and Performance, Fundraising and Partnerships, and Finance and Administration. Each has a Terms of reference, meets in advance of quarterly Trustee meetings, providing oversight and reporting on key activities.

Members of the board of Trustees, who are Directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of approval of this report, are listed below:

David Wells (Chair)
Loretta Light (Vice Chair)
Laurie Cooper
Colin Mitchell
Angus Horner
Roger Eccleston
Paramjit Parmar (appointed 4th October 2024)
Nicola Mellings (appointed 19th March 2025)
Carol Dunne (appointed 19th March 2025)

Trustee Induction

A prospective Trustee is usually known to one or more of the current board members or responded to an advert, and is invited to join the board based on their background and experience. After meeting all the Trustees their election is put to the vote at a Trustees meeting. Those trustees who are involved in recruitment also undergo safer recruitment training.

All new Trustees undergo an induction programme that includes all the necessary written information on the role and responsibilities of a Trustee and an understanding of the Charity's work and mission. All trustees undergo generalised safeguarding training and are fully DBS-checked.

Public Benefit

The Charity's purposes as set out in the objects contained in the company's Memorandum of Association are to:

a) Alleviate the conditions of life among people who are caring or who have cared for elderly, sick, disabled, handicapped or otherwise infirm persons at home and who are in necessitous circumstances;

b) To promote the material welfare of such carers, to relieve and alleviate and to advance, promote, encourage and assist in the relief or alleviation of all kinds of mental and physical infirmity, sickness, disablement or handicap including mental illness attributable to caring among carers and the persons for whom they are caring in South Oxfordshire and the Vale of White horse and the surrounding areas;

c) To advance the education of the public about the part that carers and caring can play generally.

The aims of the Charity are to enable carers to better manage their caring role through advice, information and support and to identify and raise the profile of carers and caring. Our aims fully reflect the purposes that the Charity was set up to further.



Our Vision

Be Free Young Carers is the only charity in Oxfordshire devoted to improving young carers' well-being and opportunities, though the provision of recreational, emotional and social support.

Our vision is to enable Oxfordshire's young carers to achieve their full potential by delivering a far-reaching developmental and emotional support network of people and resources in their daily lives, their schools and communities.

Our Mission

We are the only independent charity in Oxfordshire working exclusively with young carers.

We support them by widening their life options and improving their emotional and social health, resilience and development because we passionately believe they can be free to fulfil their adult potential unhindered by their childhood responsibilities.

Our Objectives

To consolidate on our already established services in the areas of The Vale of White Horse, South Oxfordshire and Oxford City and our grow our recent expansion into West Oxfordshire.

To establish fresh networks and connections in remote areas currently under our charity's remit increasing our area coverage and supporting more young carers.

To build upon our strategic expansion plans to become an established countywide charity, supporting Oxfordshire's young carers.

To relieve the mental health burden of being a young carer.

To support Oxfordshire schools identify and support young carers, we do this by arranging school assemblies, world book day tours and by assisting them in setting up young carer clubs.

To be advocates for young carers when liaising with statutory services, families, schools and other key stakeholders.



A Case Study - Brighter futures

YC Z registered with us in Spring 2024. They live with their mum, dad and 2 younger siblings. They care for their parent, X, who has mental health difficulties and their sibling, Y, who was in the process of being assessed for ADHD and struggled to emotionally regulate. As their other parent works nights, they help a lot with their baby sibling, W.

During the home visit it was obvious to see how attuned YC Z was to W's needs in particular, and they took it upon themselves to keep W safe and entertained. They reported feeling stressed most of the time and said they found that they got frustrated by some of Y's behaviours. They said that they hated school and that they often made bad behaviour choices, although they also said that they got in trouble for no reason and that teachers often blamed them for things.

YC Z joined many of our respite trips and became a popular member of the group, easily making friends and keeping in touch with them in between activities. They said "Be Free Young Carers has taken me out on trips, supporting me when I've needed a break from caring at home, this has supported my mental well being and my mental health" They quickly found that they identified with these other young people and realised that they had a lot in common despite coming from all over Oxford and having very different backgrounds. They listened to what the others were saying about support in their schools and noticed there was a lot of variation, this was something that concerned them and they started to speak up about this. YC Z can confidently articulate what it is like being a young carer, they explained "my caring role has had both a positive and challenging impact on me, it's taught me responsibility and patience and how to support others which has helped me grow as a person"

In September I was offered the opportunity to base myself at YC Z's school. The purpose of this was to build relationships with other adults in the school, to meet Young Carers that aren't registered with us and to offer check-ins to the ones that are. I was also able to attend the school's Young Carers social club. YC Z was one of the students who attended these weekly check-ins, and it was during these sessions that I first discovered their love of politics!

Over the 6 months since they first registered, YC Z had decided that they wanted to do better at school and had turned their behaviour around; they were proud to share that they had received no behaviour points in the new academic year, and they put their change down to wanting to be able to help people and had decided to start with the Young Carers in their school. This school already had an active Young Carers club, that was established with our support in September 2022, but YC Z felt that they needed more so with our encouragement they began to produce a weekly newsletter. They also introduced Young Carer cards so that the Young Carers could show other staff that they were Young Carers.

Knowing how passionate YC Z was about creating change and representing YCs, when the opportunity arose for a group of Young Carers to meet Ed Davey, they were the first person I contacted and they jumped at the opportunity. They wrote about this experience in their Young Carer newsletter. They said "I got to meet Ed Davey, this was an amazing experience." Following on from this, they were the natural choice when we were asked to take a Young Carer to the Houses of Parliament to take part in a select committee meeting. They were thrilled and absolutely loved being given this opportunity. Since then, they have invited MPs and politicians such as Annaliese Dodds to their school to talk about Young Carers and the challenges they face and what else could be done to support them. We nominated YCZ for the BBC Radio Oxford Make a Difference Young Hero award and are thrilled that they were selected as a

finalist, they said "this has impacted me well as it's showing me people are recognising what I've done."

At Be Free Young Carers we want to empower young carers and YCZ is a prime example of how we do this. We listen to their interest and then offer the opportunities to develop this; YC Z, is, like us, passionate about raising the profile of Young Carers and I strongly believe that for them, the sky is the limit.

Reported by Lorraine Nicholls

Youth Worker - Oxford

Main Programmes & Projects

School Holiday Activity Programme

We run respite activities throughout the school holidays, providing young carers with the mental health respite from their caring role and letting them be a child for a few hours. In the last year trips have included Chessington, Lasertag and a family trip to the beach . In 2024/2025 916 trip places were attended by young carers, an increase of 46% from the year before.

Befriending service

Young carers are paired up with our trained volunteers who will meet with our young carers weekly and give them a break from their role. The Befriender is also a trusted adult that the young carer can confide in.

1-2-1 Emotional Support & Counselling Service

Complex cases are referred to our youth workers who will visit the young carer in their school environment and deliver 1-2-1 emotional support. For our extreme cases, we use our trained counsellor to provide the counselling service. Each weekly session is usually for 60 minutes and is over a period of 6 weeks.

Mindfulness Movement

This is aimed at our young carers aged between 8 and 11 and is a preventative measure to aid good mental health and teach wellbeing techniques. Our qualified yoga teachers attend schools and hold 45-minute sessions with young carers teaching them breathing techniques, relaxation methods and wellbeing tools.



"Thank you as always for what you are doing to enrich Young Carers lives and especially all the aspirational opportunities you are offering"

-Parent of a Young Carer

Thankyou for everything you do for the children. It has really helped M's well-being mentally and we appreciate your hard work.

-Parent of a Young Carer



> Thank you so much for the time and guidance you've given to us as a family. I know it can't be easy. We are incredibly grateful for your mentorship and support . I honestly don't know how we'd cope without Be Free Young Carers.
>
> -Parent of a Young Carer

13+ Youth Groups

Aimed at our older young carers, these youth clubs meet monthly at various locations, they are user led and are a vital way that we engage with our teenagers.

Young Carer Advocacy in School

We help and support schools to set up young carer clubs, we attend assemblies, offer young carer tool kits and videos to help teachers and children identify, understand, and support young carers.

Employability and Mentoring Programme

This is targeted at our young carers of secondary school age that do not have access to work experience placements, we use our corporate partnerships to secure these and provide mentors. Every young carer in year 7 who needs a laptop is given one, so that they are on a level playing field with other children their age.

916
Young Carers provided with respite across 43 activities

10
Young Carers matched with Befrienders

352
121 Emotional Support sessions provided.

Be Free Young Carers Service Delivery 2024 - 2025

School Holiday Respite Programme

Be Free Young Carers has continued to deliver our Respite Programme, which has grown significantly in popularity. Young carers are increasingly needing respite from their caring responsibilities and are relying on the charity in order to have this break.

We have offered an increasing amount of respite across the year with more local respite activities to further afield trips. Each session typically supports 30–40 young carers and includes enriching experiences such as theme park visits, beach days, and animal encounters.

Aims:

To provide young carers with meaningful respite from their caring responsibilities, we offer experiences designed to reduce stress and anxiety while enhancing their overall wellbeing.

By bringing young carers together, we aim to foster a sense of belonging and reduce feelings of loneliness and isolation. These shared experiences help challenge the stigma often associated with being a young carer and reinforce the message that they are not alone.

We are committed to offering experiences that young carers might not otherwise access, encouraging them to try new activities, build resilience, and raise their aspirations, all while supporting their mental health and personal development.

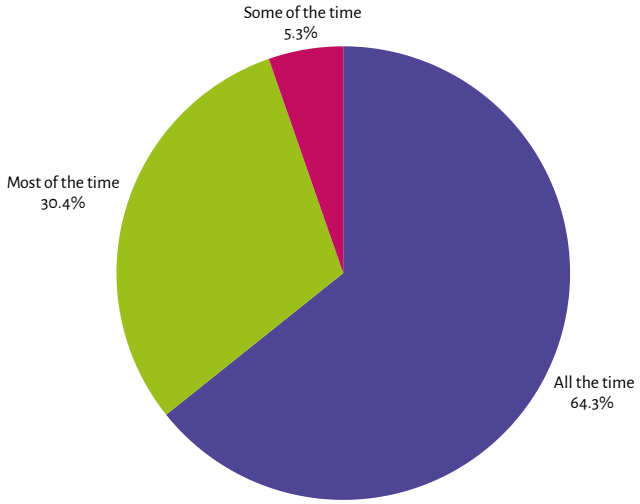
Impact:

We have offered 1229 trip places for young carers over 43 activities in 2024/25, which were attended by 916 young carers. We have increased the hours dedicated to respite for our young carers through activities such as art activities, swimming and even a virtual reality trip .

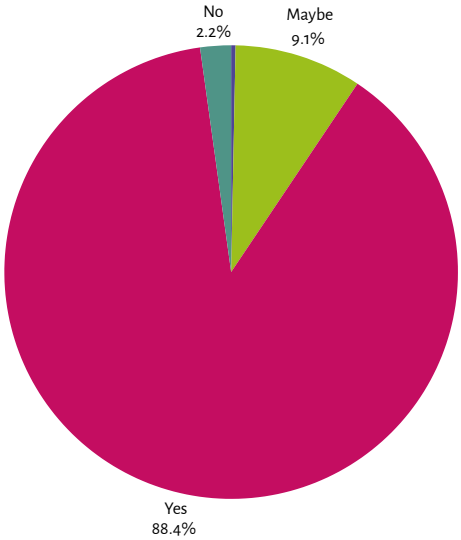
We also have our annual family fun day, which is free for our young carers and their families. It is a chance for all our young carers to meet up alongside our supporters and volunteers. In 2024 our fun day included circus skills, magic acts and a visit from the fire brigade.

"Thank you so much for bringing me here, I never get to go swimming, this is was best!"
-Young Carer

Did you have fun and feel happy during the trip?



Did you feel the trip provided a break from your caring responsibilities?



Mindfulness Movement

Our Mindfulness movement programme, is now an established in demand service which we offer currently to primary schools. We are in the process of offering our service to a wider range of schools.

This is headed up by our Yoga practitioner, Emma, who runs weekly sessions for a 6 week period in primary schools.

Aims:

To give our primary school age young carers the tools to promote good mental health practice by teaching them breathing techniques, yoga and mindfulness.

To increase the confidence in younger children to talk about their mental health and wellbeing in relation to their caring role.



> I think the two things we really took away from the session was the two year 5 girls who are now inspired to go and get their own yoga mats and practice for themselves..

40 Mindfulness Movement sessions have been delivered to 73 young carers.

1-2-1 Emotional Support & Counselling Service

Our 1-2-1 Emotional Support and Counselling Service has been an area of growth mainly in response to our young carer needs and the stretched statutory services. We have taken on a counsellor who sees our young carers with more complex needs for 1-2-1 counselling sessions. All of these sessions take place over a 6 week period in the school environment.

Impact

We have provided **352** 1-2-1 Emotional Support sessions in 2024/2025 to a total of **41** Young Carers.

Our counsellor ran **93** counselling sessions across the year. Providing high level support to **14** young carers.

> Thank you so much, we are very grateful for helping us and for all you do for the families like ours.

-Parents of Young Carer

13+ Youth Groups

Our 13+ Youth Groups are a user-led programme of monthly sessions designed for young carers aged 13 to 17.

These groups are shaped by the young people themselves, they decide what activities to do, where to meet, and what topics to explore. This autonomy is key, as we found that many young carers disengaged from our services once they reached secondary school age.

We currently run successful youth groups in the Vale of White Horse, South Oxfordshire, and Oxford City.

Aims:

To increase teenage young carers engagement with us, to empower them to run workshops and activities for them, to promote their self-esteem and leadership.

To make meaningful friendships with other young carers, to feel comfortable to address topics that they would like to know more about, to relieve the isolation that can come with being a young carer and to promote good mental health.

> “I’ve pushed myself out of my comfort zone. I’m so excited to tell my family.”
>
> -13+ Be Free Young Carer

Impact:

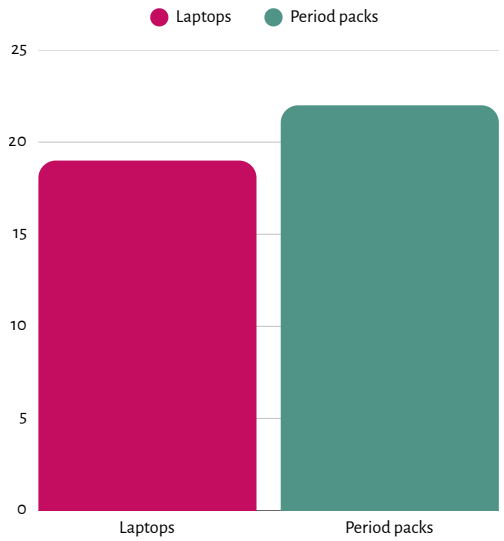
We have hosted 9 meetings of our Youth Clubs and held 7 activities ranging from ice cream parlors to bowling.

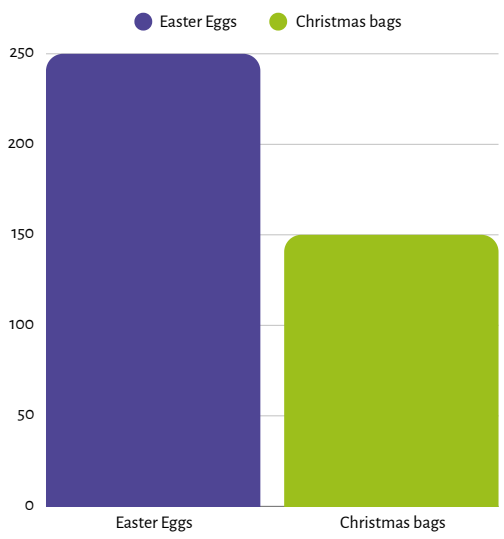
Cost of living support

Following 2020 we are continuing to offer laptops to young carers who are transitioning to Year 7. This support is essential to make sure that young carers have access to the same academic opportunities as their peers.

We have seen an increase in the need for support with period poverty across the years, this year we have really had a focus from our youth workers to provide period support to those young carers who need it. We have been delighted to receive donations which have allowed us to provide period underwear as part of this offering.

We have been incredibly lucky to see continued wonderful donations of Easter Eggs and Christmas Hampers!





Volunteering

Befriending

Our Befriending Service has been a success, it provides our more complex young carers with weekly or fortnightly respite from a trained volunteer.

These volunteers become the young carers trusted adult to 'download' their feelings and worries. The befriending service takes place for approximately 6 months and is seen as an intervention service in the young carers' lives, to give them that much needed respite and emotional support as they continue their caring role.

Impact:

In the financial year of 2024/ 2025 we have initiated 10 young carer and befriender matches.

We have a total of 19 volunteer befrienders signed up to support young carers.

> "We really appreciate all you do and he is really enjoying his adventures with T. Thank you so much!"
>
> -Feedback from a parent

Corporate and community volunteers

Corporate and community volunteers have provided support across the charity, from attending trips and our family fun day to supporting with grant applications and coordinating our first young carers round table at Saïd Buisness School.

Our volunteers continue to get more supportive and creative with the way they volunteer for the charity and it has supported the charity with it's success across the past year.

Volunteers have saved the charity £6158.88 in 2024/2025



A Case Study - Brighter futures

A is a Young Carer for their younger sibling, B, who has a diagnosis of autism and dyspraxia. As part of their day-to-day caring role, A helps B with getting dressed, brushing their teeth, and following bedtime routines. A shared that they sometimes feel proud of the support they provide, but at other times they can feel upset about being a Young Carer. For example, when B experiences a meltdown, A is often the target of their sibling's behaviour, which can include being hit or having things thrown at them – something that can be very hard to cope with. Despite these challenges, A is particularly proud of the fact that they read with B every day, helping to calm them down when they feel overwhelmed.

Although A manages to take part in hobbies alongside their caring responsibilities, they wish that more people understood the difficulties Young Carers face, as well as why autistic people may behave the way they do.

A explained that their mum first heard about Be Free Young Carers online, and they were excited to join respite activities. Their favourite trip so far has been Wet 'n' Wild in Berinsfield – something they had never experienced before and may not have been able to without the support of Be Free Young Carers, due to the demands within their family. Through these respite trips, A has not only made new friends from the Vale and neighbouring areas but also reconnected with friends from school. They said that being part of Be Free Young Carers makes them feel "happy and excited."

A described how their imagination has been inspired by respite trips, encouraging them to work with others and form new friendships. They value the chance not only to try new and exciting activities but also to have time for themselves, away from their caring role.

Looking ahead, A hopes that B will receive the support they need to manage their behaviours more easily, which would be better for B as well as for the family. As for their own future, A dreams of becoming either a footballer or a builder, and in the meantime is looking forward to taking part in more sports-related activities with Be Free Young Carers.

When asked to sum up Be Free Young Carers in three words, A didn't hesitate: "amazing, exciting, fun."

Reported by Rhianna Eeley - Youth Worker

Our Social Return on Investment

We have worked closely with the Carers Trust and Civil Society Consulting to create our Social Return on Investment (SROI) calculation. This is a representation of the value we have been able to create based on the attendance and services we offered between March 2024 and April 2025

An SROI calculator is an estimation of the value we have and does not include all the information on all of the services we offer and can not include the benefits of young carers repeatedly attending sessions or multiple different services.

Our SROI shows our donors that the money that they donate goes further and can have a significant impact on the lives of the young carers we support but also in creating further support systems for young careers and providing education and awareness of the challenges young carers face.

Every pound invested in Be Free Young Carers has £9.77 of value.

Fundraising Strategy

Over the past year, our Fundraising team has continued to strengthen our comprehensive fundraising strategy, which is focused on growth to support our transition into a countywide organisation. At the same time, we remain committed to sustaining our services and presence in the areas we currently serve. This progress is driven by deepening the valuable partnerships and relationships we've built with our supporters and funders.

We take immense pride in being an independent charity, operating without statutory funding from local government or the NHS. This independence means we rely on the generosity of our community, support from corporate and business partners, and primarily on income from Trusts and Grants. I'm incredibly proud of what our fundraising team has accomplished, especially in the face of funding cuts and growing competition. Towards the end of 2025 we have expanded the fundraising team to take on a Junior Fundraiser who will be completing a fundraising apprenticeship with the charity, this has allowed the team to grow and streamline our fundraising process.

Our projects and the people we support continue to resonate strongly with funders and remain highly appealing for investment. In the year ahead, we're committed to delivering excellent supporter engagement and stewardship, ensuring everyone who backs our work feels valued and connected. We remain deeply thankful to all our supporters, both longstanding and new, for their continued belief in our mission.

- Hannah Waugh, Head of Fundraising

Finances

The Charity achieved an overall surplus of £26,032 for the year ended 31 March 2025 against a surplus of £82,979 in 2024. Total funds at year end were £314,609 (2024: £288,577). Income was received from Grants, Trusts, and Donations.

Total Income for the year was £421,059 (2024: £413,413). Total expenditure for the year was £396,027 (2024: £330,434).

Reserves Policy

The Board of Trustees has designated a reserve of £100,000 to pay liabilities, complete and close work with current clients in the event of the organisation having to close. A separate designated reserve of £26,340 is to cover the cost of the balance of the loan from Guideposts.

The Charity has £29,128 in restricted funds, and £6,348 invested in Fixed Assets, with the remaining £279,133 as Free Reserves which satisfies the requirements of the policy. However £150,000 of these funds are ring fenced for our countywide expansion project.

The Team

Sabiene North (CEO) and her team of thirteen deliver the day to day operations of the charity. These consist of six part time members of staff, with one staff member working remotely. Each team member has monthly 1-2-1 and performance reviews which reflect the charities overall business aims and objectives.

The staff handbook provides information on internal policies and procedures. Our frontline staff all have access to clinical supervision monthly and/or as and when they require this support, to help with the cases that they are dealing with. We also have a employee assistance programme in place for staff.

Looking foward - future developments

We have joined the network partnership of Carers Trust which will see us access new and in-depth resources to further highly our cause and collaborate with other young carer groups to advocate for young carers on a larger scale.

2024 and beyond, looks to be another period of growth and expansion as we increase our presence in West Oxfordshire and look to North Oxfordshire to complete our countywide expansion. Under pinning this is our robust fundraising strategy which will see further expansion of the team to support this growth.

Be free Young Carers are committed to deliver substantial services in Oxfordshire and will continue to advocate for young carers. We aim to put Oxfordshire County on the map as being a beacon of what young carer support should look like to other counties. We will continue to monitor our impact as we under take our bold expansion by focusing on our SROI and feedback from our beneficiaries, professionals and families.

Once expansion has been completed, we will then be able to continue our strategic ambitions to support young carers at the trigger pints in their lives, from transitioning to secondary school to the next steps after school. This is an area where there is very little support or direction and one which our young carers have stressed to us that they need help with. At age 18 they only have the option to use adult based services, we know that the transition from our services to adult carers is a huge step and one where we have the expertise to guide them, under pining this will require further investment and support from funders and supporters.



Trustees' Responsibilities

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).
I.For the year ended 31 March 2025 the charity was entitled to the exemption under Section 477 of the Companies Act 2006;

II.No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and
III. The trustees acknowledge their responsibilities for:

a.ensuring the company keeps accounting records which comply with Section 386 and
b.preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on 19/9/2025

D Wells
(Director and Trustee)



Independent Examiner's Report to the Trustees of Be Free Young Carers

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2025 which are set out on pages 21 to 31.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

17/10/ 2025

Statement of Financial Activities (including income and expenditure) for the year ended 31st March 2025

Statement of Financial Activities (including income and expenditure)
for the year ended 31st March 2025

	Note	2025 Unrestricted General	2025 Unrestricted Designated	2025 Restricted	2025 Funds	2024 Funds
		Total	Total	Total	Total	Total
Income From:		£	£	£		£
Donations and general grants	3	239,728	-	173,147	412,875	402,006
Charitable Activities	4	-	-	-	-	6,022
Other income	4	8,184	-	-	8,184	5,385
Total income		247,912	-	173,147	421,059	413,413
Expenditure on:						
Charitable activities	6	232,908	-	162,119	395,027	330,434
Total expenditure		232,908	-	162,119	395,027	330,434
Net movement in funds		15,004	-	11,028	26,032	82,979
Transfers between funds		(40,000)	40,000	-	-	-
Total funds brought forward		184,137	86,340	18,100	288,577	205,598
Total funds carried forward		159,141	126,340	29,128	314,609	288,577

The notes on pages 23 to 31 form part of these accounts.

Balance Sheet as at 31 March 2025 Be Free Young Carers

Be Free Young Carers
Balance Sheet
as at 31st March 2025

Be Free Young Carers
Company Number: 2989722

	Note	2025	2024
		£	£
Fixed Assets			
Tangible Assets	7	6,348	3,670
Current Assets			
Debtors	8	1,856	485
Cash at bank and in hand		341,508	318,858
		343,364	319,343
Creditors: Amounts falling due within one year	9	(35,103)	(34,436)
Net Current Assets		308,261	284,907
Net Assets	13	314,609	288,577
Funds			
Restricted Funds	11	29,128	18,100
Unrestricted Funds			
General Funds		159,141	184,137
Designated Funds	12	126,340	86,340
Total of Charity's funds		314,609	288,577

The notes on pages 23 to 31 form part of these accounts.

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I. For the year ended 31 March 2025 the charity was entitled to the exemption under Section 477 of the Companies Act 2006; II. No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and III. The trustees acknowledge their responsibilities for:

a. ensuring the company keeps accounting records which comply with Section 386 and

b. preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on 19/9/2025

D Wells

(Director and Trustee)

Notes to the Accounts for the year ended 31st March 2025

1. Accounting policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the Charity's accounts:

a) Basis of Accounting

The accounts are prepared under the historical cost convention, and in compliance with applicable accounting standards, Statement of Recommended Practice Accounting and reporting by Charities in accordance with Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland (FRS 102) effective from 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The entity constitutes a public benefit entity as defined by FRS 102.

Following agreement at an Extraordinary Meeting on 21 February 2014 the Charity entered into a Constitutional and Service Level Agreement with Guideposts Trust which enables the charity to share the resources of Guideposts Trust. Additionally, Guideposts Trust has provided financial support to enable the charity to maintain services whilst a long term strategic plan to develop and grow sustainable services to carers in the region for both organisations was researched and developed. To date Guideposts Trust has outstanding financial support totalling £26,340 to the Charity by way of an intercompany loan, repayment of which will not be requested until the Charity generates the surpluses to do so.

On the back of commissioning changes in the County which has left the charity the only provider of Young Carers respite services in Oxfordshire against growing need, the charity is seeing interest from potential funders to support expansion of their support and wider awareness of the charity's work and impact. The Trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

b) Company Status

The company is limited by guarantee with no share capital and is a registered charity. The liability of each member in the event of a winding up of the company is limited to £10. The members of the company are the Trustees as named on page 2.

c) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rates which reflect the anticipated useful lives of the assets and their estimated residual value.

Computer Equipment 25% straight line

d) Fund Accounting

General funds are expendable at the discretion of the Trustees in the furtherance of the objectives of the charity and for the overall administration of the charity.

Restricted funds are those upon which restrictions and specific criteria for their use are imposed by the donor. The costs of raising and administering such funds are charged against the specific fund.

e) Pension Costs

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions by the Charity to the funds, which are recognised when they become payable.

Notes to the Accounts for the year ended 31st March 2025 (Continued)

1. **Accounting policies (continued)**

f) Income

All income & endowments are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy and receipt is probable. The following specific policies are applied to particular categories of income:

· Donations and general grants are included in full in the Statement of Financial Activities when they are received by the charity.

· Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

· Investment income, including interest income is included when receivable.

· Income to fund charitable activity; where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Where the charity's entitlement is not conditional on the delivery of specific performance, the grant is recognised once the charity becomes unconditionally entitled to the grant.

g) Operating Leases

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

h) Expenditure

All expenditure is accounted for on an accruals basis when the liability is incurred and has been classified under headings that aggregate all costs related to that category, including all applicable VAT. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of resources.

· Charitable activities include expenditure associated with the provisions of activities and services for beneficiaries and include both the direct costs and support costs relating to these activities.

· Governance costs include those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

· Support costs include administrative functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita staff costs by the time spent and other costs by their usage.

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Accounts for the year ended 31st March 2025 (Continued)

2 Net Movement in Funds

Net Movement in Funds for the year is stated after charging:

	2025	2024
Independent Examiner's Remuneration	1,700	1,600
Operating Lease Cost - property	23,558	17,829

3 Donations and General Grants

	2025	2024
	£	£
Donations from Parishes and Towns	39,192	10,738
Donations from individuals and organisations	79,243	52,231
Donations from legacies	-	27,143
Other Trusts and Foundations	294,440	311,894
	412,875	402,006

4 Income to Fund Charitable Activities

	2025	2024
	£	£
South Oxfordshire District Council	-	6,022
	-	6,022
Other Income		
Bank interest received	8,184	5,385
	8,184	5,385

Notes to the Accounts for the year ended 31st March 2025 (Continued)

5	**Employees**	**2025 Number**	**2024 Number**
	The average number of employees during the year was:		
	Employees	10	8
		10	8
	Their total remuneration was:		
		£	£
	Wages and salaries	230,123	205,215
	Social security costs	16,006	14,956
	Other pensions costs	5,382	5,201
		251,511	225,372

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents contributions payable by the charity to the funds, which are recognised when they become payable. Contributions payable by the charity amounted to £903 at 31st March 2025 (2024: £720). The total paid to Key Management Personnel was £52,584 (2024: £49,500) and there were no employees earning more than £60,000 in the year.

6 Analysis of Expenditure

Charitable Activities

	2025 Total	**2024 Total**
	£	£
Staff Wages and Salaries	251,511	225,372
Staff Welfare and Training	6,645	5,129
Direct Costs – Outings, Events and Consultants	73,558	58,123
Premises Expenses and Insurance	29,107	22,285
Office and Travel costs	46	439
Advertising & Publicity	7,445	4,230
Bank Charges	128	71
Recruitment Costs	2,300	299
Depreciation	2,741	2,803
IT Software, Services and Equipment	11,554	4,393
Other Costs	758	-
Governance Costs	1,800	1,800
Accountancy and Other Professional Costs	7,434	5,490
	395,027	330,434

Notes to the Accounts for the year ended 31st March 2025 (Continued)

7 Tangible Fixed Assets

	Equipment	Total
	£	£
Cost		
At 1st April 2024	16,224	16,224
Additions	5,419	5,419
At 31st March 2025	21,643	21,643
Depreciation		
At 1st April 2024	12,554	12,554
Charge for year	2,741	2,741
At 31st March 2025	15,295	15,295
Net book value		
At 31st March 2025	6,348	6,348
At 31st March 2024	3,670	3,670

All assets are held for charitable purposes.

8 Debtors due within one year

	2025	2024
	£	£
Other debtors	1,856	485
	1,856	485

9 Creditors: Amounts falling due within one year

	2025	2024
	£	£
Due to Guideposts Trust Limited	26,340	31,340
Other creditors	8,763	3,096
	35,103	34,436

Notes to the Accounts for the year ended 31st March 2025 (Continued)

10 Leasing commitments

Total commitments due under operating leases for premises used by the Charity are as follows:

	2025 £ Land and Buildings	2024 £ Land and Buildings
Operating lease	4,639	4,428
	4,639	4,428

11 Movements on Restricted Funds

Current year

	Balance 1 Apr 2024 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2025 £
Salary costs fund	7,000	-	(7,000)	-	-
Cost of living support fund	5,000	7,240	(5,000)	-	7,240
Respite activities fund	5,000	26,000	(21,000)	-	10,000
Energy fund	1,100	-	(1,100)	-	-
Abingdon area	-	10,000	(10,000)	-	-
Didcot area	-	5,000	(2,500)	-	2,500
Henley area	-	6,600	(6,600)	-	-
Wantage area	-	5,250	(5,250)	-	-
South Oxfordshire	-	6,138	(3,000)	-	3,138
West Oxfordshire	-	6,250	-	-	6,250
Core costs fund	-	100,669	(100,669)	-	-
	18,100	173,147	(162,119)	-	29,128

Notes to the Accounts for the year ended 31st March 2025 (Continued)

12 Movements on Designated Funds

Current year

	Balance 1 Apr 2024 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2025 £
Guideposts Trust Fund	31,340	-	-	(5,000)	26,340
Contingency Fund	55,000	-	-	45,000	100,000
	86,340	-	-	40,000	126,340

The Guideposts Trust fund is designated to cover the loan payments. The Contingency fund is to enable an orderly winding up if the charity needed to close.

Notes to the Accounts for the year ended 31st March 2025 (Continued)

13 Analysis of Net Assets between Funds

Current Year	Tangible Fixed Assets £	Net Current Assets £	2025 Total Assets £
Restricted Funds	-	29,128	29,128
Unrestricted Designated Funds	-	126,340	126,340
Unrestricted General Funds	6,348	152,793	159,141
	6,348	308,261	314,609

Previous Year	Tangible Fixed Assets £	Net Current Assets £	2024 Total Assets £
Restricted Funds	-	18,100	18,100
Unrestricted Designated Funds	-	86,340	86,340
Unrestricted General Funds	3,670	180,467	184,137
	3,670	284,907	288,577

14 Trustee Remuneration and Related Party Transactions

No Trustee received any remuneration during the year (2024: £NIL) and reimbursed expenses (2024: £NIL).

No Trustee of the Charity has any personal interest in any contract or transaction entered into by the Charity during the year (2024: £NIL).

In February 2014 the Charity entered into an agreement with Guideposts Trust, a registered charity and whose objects were compatible with that of the Charity. The agreement enabled Guideposts to support the Charity to continue providing young carers with the vital support, advice and other services to improve the quality of their lives. A member of the Guideposts Senior Management Team is able to sit on the board of Trustees of the Charity. Guideposts has previously provided financial support to the Charity; an inter-company loan of £26,340 represents financial support provided at the balance sheet date. An annual repayment is made by the Charity subject to it generating sufficient surpluses to do so.

BE FREE YOUNG CARERS

01235 838554 yc@befreeyc.org.uk www.befreeyc.org.uk

Charity Number 1042708 | Company Number 02989722

BE FREE YOUNG CARERS LTD

England & Wales - Charity number 1042708

Accounts

BE FREE YC

Supporting Young Carers in Oxfordshire



Annual Report & Accounts

2023 - 2024

Registered Charity Number: 1042708 / Company No: 2989722

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BE FREE YC
Supporting Young Carers in Oxfordshire

Be Free Young Carers
Charitable Non-Profit Organisation
No: 1042708

Company No: 2989722

Harwell Innovation Centre
173 Curie Avenue
Didcot
Oxfordshire
OX11 0QG
www.befreeyc.org.uk

Trustees
David Wells (Chair)
Loretta Light (Vice Chair)
Laurie Cooper
Colin Mitchell
Angus Horner
Roger Eccleston

Independent Examiners
UHY Ross Brooke
Suite I
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Solicitors
Osborne Clarke
3 Forbury Place
23 Forbury Road
Reading
RG1 3JH

{We would like to thank Osborne Clark for their continued support with providing us pro bono support and advice.}

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

A Message from our CEO

"Our last 12 months have seen a period of substantial growth, development and maturation for our organisation.

Reflecting back on the last year fills me with pride and inspiration for the incredible work that Be Free Young Carers have achieved. I would like to thank our supporters, from funders, to corporates, for their generous donations be it financial or expertise. A special thanks to our hardworking staff from frontline Youth Workers, Fundraisers and Volunteer Coordinator. A special thanks to our volunteers who have supported us with our respite and befriending provisions. Lastly, to our dedicated Trustees who loan their skills, talents and networks to supporting and steering Be Free Young Carers."



Growth in Services

The last year has seen us react to the increase in demand for our services by increasing our delivery channels to support this development. Our team has been able to increase the amount for respite activities that we offer our young carers in all our current geographical areas.

Our mental health services have risen to the increase in demand and through our Youth Workers and Counsellor, we have been able to run more 121 emotional support and counselling sessions than ever before. Demand has been significant, I am proud that we have kept our waiting lists to a minimum, supporting the gap between statutory services and demand.

Our Mindfulness Movement programme, established to address the young carers well-being specifically at primary school age, has been a success in preventing the declining mental health of young carers by using this programme as an early preventative measure.

Our teams have established more young carer groups in schools, working with teachers to help identify young carers, establishing a network for young carers in schools. This has enabled young carers to experience being part of a social group and build a peer support group within school.

Our Youth Clubs for teenage young carers have continued to grow in all our geographical areas. As these have become more established over the last year, we have utilised the young carers voice to build on our Young Carer Youth Panel. We have seen one of our young carers from our Youth Panel, become the Childrens Commissioner Of England's Ambassador, giving a voice to young carers at a national level.

Amongst all our core services, we are incredibly proud to continue to provide our young carers with additional services aimed to tackle digital, food, hygiene and period poverty. Our team have achieved this by providing all rising years 7s that require a laptop with one, through offering period, hygiene provisions from our office and on our respite trips. We have also fulfilled our commitment to provide our young carers with food throughout our Youth Clubs and Respite provisions.

Our staff remain passionate about changing the landscape for young carers in Oxfordshire and a sincere thank you to all of them for their continued dedication and hard work in leading and executing our core services. They all should be incredibly proud of what they have helped to achieve for young carers.

Growth in our income

Every year, I am thankful for the generosity of our supporters who have donated over 400K to Be Free Young Carers in the past year.

On every income stream we saw growth. Supporters excelled across the board in giving financially to Be Free Young Carers. We saw an increase in the number of businesses and corporates, choosing us as their Charity of the Year, which mimics the trend for businesses getting involved with smaller, agile, community based charities, to have maximum impact. A special thanks to Said Business School for continuing their support both financially and with volunteering, we are excited about entering our third year of this partnership.

I would like to pay a special mention to David Wilson for their annual partnership which saw them raise an incredible amount of money through, sky dives, to clay pigeon shooting, their support has been amazing.

We are incredibly grateful to our steadfast Trust and Foundations who have continued to support Be Free Young Carers this year and were delighted to welcome new supporters on board. A special thanks to SJP Foundation, Tolkien Trust and our friends at The National Lottery, we couldn't do what we do, without your support and generosity.

The increase in our profile over the county saw a rise in individual giving, with supporters taking part in running events, to skydives, to cycling challenges. Not only does this raise funds for our organisation but also vital awareness of young carers and their challenges.

I would also like to pay thanks to our ambassadors, Emma Horwill, Rebecca Reed, Holly Cobb and also to our celebrity ambassador, Darragh Ennis.

I feel it's right to comment on our achievements and successes with a backdrop in the charity sector being so challenging. We remain an independent charity with no statutory funding, at a time when funders are receiving increase in demand, we have maintained a robust fundraising strategy with limited resources, and I am proud and thankful to my team for rising to this challenge.

The Year ahead

The year ahead is one expansion again for our charity as we look to establish Be Free Young Carers as a countywide organisation. After the success of our recent Oxford City expansion, we look to West Oxfordshire to continue this growth and reach more young carers in the more rural west of the county. We are delighted to have received funding from our friends at Step Change, to set us off in this direction in September 2024. We will build on this funding to secure more, so that we can establish our services in West Oxfordshire.

We are also looking to deepen our services into more rural areas that we cover in South Oxfordshire, The Vale and Oxford, in particular Henley and Faringdon, where we know the need is high.

We will strengthen and build on the areas that we are established in, looking to liaise more with schools and teachers, to get to the young carers that are not yet identified and that need support.

Growing our partnerships with other charities and organisations to ensure that the needs of young carers are prioritised and prominently featured in all key strategic agendas, it is essential to integrate their concerns into policy development and implementation processes. By actively involving young carers in discussions, consultations, and decision-making, we can better understand their unique challenges and requirements. This approach will not only highlight their importance but also foster a more inclusive and supportive environment for these young individuals who take on significant caregiving responsibilities. Consequently, targeted resources and programs can be developed to address their specific needs, ultimately enhancing their well-being and enabling them to thrive both personally and academically. We see collaboration as key in our long-term vision to make Oxfordshire a leading county for young carers.

This is a time to say thanks, to look forward and be daring as an organisation, to make maximum impact on those thousands of disadvantaged young carers. As we enter our 30th anniversary year, Be Free Young Carers time has come, and we welcome anyone who wishes to be a part of this powerful change to make a long-term impact on the young carers of Oxfordshire to work with us

Chair of Trustees' Statement



'I am very pleased to report another strong year for the Charity as we continue to expand and develop our services to meet the growing need to support Young Carers. The Trustees and I are very grateful to the CEO, staff team and volunteers with BFYC for their continued hard work and outstanding efforts to improve the lives of our Young Carers.

The clear evidence is that demand, and complexity of needs, for Young Carer support is continuing to grow across the County. Our plan over the next few years is to provide on the ground support to the whole of Oxfordshire. To achieve this, and continue to sustain these services, we will need to increase fundraising, staff and volunteer numbers, and continue to develop partnerships where possible.

It's an exciting and rewarding time to be involved with our Charity. I am very grateful to our excellent group of Trustee's for their continued commitment to the Charity. In the coming year the Trustee Board will continue to develop its capabilities as BFYC moves to the next stage of the journey. Thank you to everyone, I look forward to another year where we can collectively make a difference.'

Reference & Administrative Detail

Be Free Young Carers is a company limited by guarantee, incorporated in England & Wales and a registered charity.
The Trustees who are also Directors for the purposes of the Companies Act 2006, have pleasure in presenting their report and the unaudited financial statements of the Charity for the year ended 31 March 2024.

Structure, Governance & Managment

Organisation

The Charity which during the year employed 8 people is led by a well-established, effective Board of Trustees, recruited for their complementary knowledge, skills and experience.

The Board of Trustees now meets four times a year and for the AGM. Three sub committees of the Main Board have been established to support the CEO with the day to day running of the charity. They are Quality and Performance, Fundraising and Partnerships, and Finance and Administration. Each has a Terms of reference, meets in advance of quarterly Trustee meetings, providing oversight and reporting on key activities.

Members of the board of Trustees, who are Directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of approval of this report, are listed below:

David Wells (Chair)
Loretta Light (Vice Chair)
Laurie Cooper
Colin Mitchell
Angus Horner
Roger Eccleston



Trustee Induction

A prospective Trustee is usually known to one or more of the current board members or responded to an advert, and is invited to join the board based on their background and experience. After meeting all the Trustees their election is put to the vote at a Trustees meeting. Those trustees who are involved in recruitment also undergo safer recruitment training.

All new Trustees undergo an induction programme that includes all the necessary written information on the role and responsibilities of a Trustee and an understanding of the Charity's work and mission. All trustees undergo generalised safeguarding training and are fully DBS-checked.

"Young carers are just amazing. For many of them caring means hard work, patience and often not getting to have the fun other children have. We just can't thank them enough."

- Elizabeth Paris, BFYC Vice Chair of Trustees

Public Benefit

The Charity's purposes as set out in the objects contained in the company's Memorandum of Association are to:

a) Alleviate the conditions of life among people who are caring or who have cared for elderly, sick, disabled, handicapped or otherwise infirm persons at home and who are in necessitous circumstances;

b) To promote the material welfare of such carers, to relieve and alleviate and to advance, promote, encourage and assist in the relief or alleviation of all kinds of mental and physical infirmity, sickness, disablement or handicap including mental illness attributable to caring among carers and the persons for whom they are caring in South Oxfordshire and the Vale of White horse and the surrounding areas;

c) To advance the education of the public about the part that carers and caring can play generally.

The aims of the Charity are to enable carers to better manage their caring role through advice, information and support and to identify and raise the profile of carers and caring. Our aims fully reflect the purposes that the Charity was set up to further.



Our Vision

Be Free Young Carers is the only charity in Oxfordshire devoted to improving young carers' well-being and opportunities, though the provision of recreational, emotional and social support.

Our vision is to enable Oxfordshire's young carers to achieve their full potential by delivering a far-reaching developmental and emotional support network of people and resources in their daily lives, their schools and communities.

Our Mission

We are the only independent charity in Oxfordshire working exclusively with young carers.

We support them by widening their life options and improving their emotional and social health, resilience and development because we passionately believe they can be free to fulfil their adult potential unhindered by their childhood responsibilities.

Our Objectives

To consolidate on our already established services in the areas of The Vale of White Horse, South Oxfordshire and Oxfordshire.

To establish fresh networks and connections in remote areas currently under our charity's remit increasing our area coverage and supporting more young carers.

To initiate the West Oxfordshire expansion, through the hiring of a School Liason who will spend time in the West Oxfordshire growing the Charity's profile and activity.

To build upon our strategic expansion plans to become an established countywide charity, supporting Oxfordshire's young carers.

To relieve the mental health burden of being a young carer.

To support Oxfordshire schools identify and support young carers, we do this by arranging school assemblies, world book day tours and by assisting them in setting up young carer clubs.

To be advocates for young carers when liaising with statutory services, families, schools and other key stakeholders.



A Case Study - Trials & Challenges

X registered with us in March 2023, when they were 12 years old, they have been getting support from the YC group at school but asked their Parent G to refer them to BFYC after I attended one of the sessions. Their younger sibling I also registered, and they have a 2-year-old sibling too.

At this time X was caring for their sibling K who has SEN, K was attending the same mainstream school but was on a reduced timetable and received lots of support. K has an EHCP.

When asked what they did to support their sister they said "I make sure that K has their uniform and everything they need for school because they can't organize this themself. I have to make sure they get to The Stables in the morning when we get off the bus" X said sometimes there were issues with friendships as they shared a group of friends and sometimes people didn't want to hang around with K, X felt they then had to choose between their friends and K, they always chose K, even though sometimes this made them sad. X also said it could be tricky in some lessons as they could see when teachers were saying things that they knew would upset K and so would attempt to defend their sibling often ending in them getting themself in trouble.

In April 2023 X started 121 ES sessions, they had 10 sessions, and they talked a lot about their sibling and how they felt compelled to support them and put them first. X seemed to open up during the sessions and agreed to try and let the teachers look after K so that they could focus on themself/their own needs as they approached their GCSEs.

In October 2023 Parent G and Parent L shared with X that Parent L had been diagnosed with a degenerative condition. X found this very distressing, they were concerned for their parent but was also fully aware that this would change their caring responsibilities. Parent L was being offered treatment but as with all degenerative condition diagnosis it is a waiting game as no one can predict how badly they would be affected or how quickly. At this time it was only presenting as hearing changes so didn't change the family dynamics.

In Feb 2024 Parent G emailed, X was having a difficult time. X's sister K had left the school site and tried to kill themself. K has since not returned to school. X was devasted by the news but put on a brave face for those around. Shortly after this, X's Parent L's condition relapsed, having to be signed off work, in addition to the debilitating nature of the condition, Parent L's mental health was suffering.

X's Parent G enquired as to the availability of further 121 emotional support sessions as X was not interested in counselling due to a prior experience being negative while X had enjoyed the 121s.

Subsequently, X had a further 12 sessions, they used these sessions to get everything off their chest, their life had changed quite dramatically in the space of a few months. Parent G had to watch K 24/7 and ended up sleeping in their room and X had to take more of a caring responsibility for their younger Sibling N as Parent L was struggling with the use of their hands. There had been further incidents where K tried to take their own life and they were self-harming. X admitted they found this hard but didn't want to upset their parents. During this time their other Sibling N started to struggle at school with attendance or going to certain lessons, N explained they had too much on their mind and couldn't cope in lessons. N would be very difficult in the mornings and X would have to ensure N got on the bus. X found that instead of looking out for K in school they were now having to look out for N. They seemed to have a lot on their plate and looked forward to our sessions as they could say whatever they needed to say.

After such a series of events, many children would have struggled but X has coped and seems to be doing well. They have attended 13 respite trips over the last 2 years including the YC festival and have a lovely group of friends, X is also a member of our Youth Panel. X has spoken about BFYC and how the support we have given them has helped on the local TV news. If I ever put a call out for volunteers to talk about YC's they are always the first to come forward.

Reported by Lorraine Nicholls
Youth Worker - Oxford

Main Programmes & Projects

School Holiday Activity Programme

We run respite activities throughout the school holidays, providing young carers with the mental health respite from their caring role and letting them be a child for a few hours. These can include a day out to the seaside, theme park trips and theatre visits. In the financial 2023/2024 627 trip places were attended by young carers under 12 years old, an increase of 190 trip places.

Befriending service

Young carers are paired up with our trained volunteers who will meet with our young carers weekly and give them a break from their role. The Befriender is also a trusted adult that the young carer can confide in.

1-2-1 Emotional Support & Counselling Service

Complex cases are referred to our youth workers who will visit the young carer in their school environment and deliver 1-2-1 emotional support. For our extreme cases, we use our trained counsellor to provide the counselling service. Each weekly session is usually for 60 minutes and is over a period of 6 weeks.

Mindfulness Movement

This is aimed at our young carers aged between 8 and 11 and is a preventative measure to aid good mental health and teach wellbeing techniques. Our qualified yoga teachers attend schools and hold 45-minute sessions with young carers teaching them breathing techniques, relaxation methods and wellbeing tools.



> "Thank you so much. E had an amazing day. She's shown me all the photos and told me everything. These days out mean so much to her. Thanks again to you and your team for taking the time to makes these young people feel appreciated and rewarded."
>
> -Parent of a Young Carer

> **I felt like I got my son back, the happy one who enjoyed everything he did with his brother and your volunteer befriender did that, every time they meet up, he would come home saying it was the best day or I had so much fun.**
>
> -Parent of a Young Carer



13+ Youth Groups

Aimed at our older young carers, these youth clubs meet monthly at various locations, they are user led and are a vital way that we engage with our teenagers.

Young Carer Advocacy in School

We help and support schools to set up young carer clubs, we attend assemblies, offer young carer tool kits and videos to help teachers and children identify, understand, and support young carers.

Employability and Mentoring Programme

This is targeted at our young carers of secondary school age that do not have access to work experience placements, we use our corporate partnerships to secure these and provide mentors. Every young carer in year 7 who needs a laptop is given one, so that they are on a level playing field with other children their age.

627
Young Carers provide with 20 respite activities

174
121 Emotional Support sessions provided to Young Carers

11
Young Carers matched with Befrienders

Be Free Young Carers Service Delivery 2023-2024

School Holiday Activity Programme

Be Free Young Carers have continued with our flagship School Holiday Activity Programme, this has increased in popularity, especially since the pandemic as young carers are keen to get the respite that they need with their role.

We have increased the number of respite activities to keep up with demand. Each activity involves approx. 30-40 young carers and includes activities such as a theme park trip, day at the beach or a visit to a trampoline park.

Thanks to Oxfordshire Community Foundation, we are able to provide our young carers with food during these events. This is needed to ensure that in the cost of living crisis, in school holidays, our young carers have access to food.

Aims:

To provide young carers with a respite break from their role of looking after their loved one, to reduce their stress, anxiety and improve their wellbeing in their caring role.

By being around other young carers in similar roles we hope to reduce feelings of loneliness and isolation. We hope to challenge the stigma of being a young carer, and to show young carers that they aren't on their own.

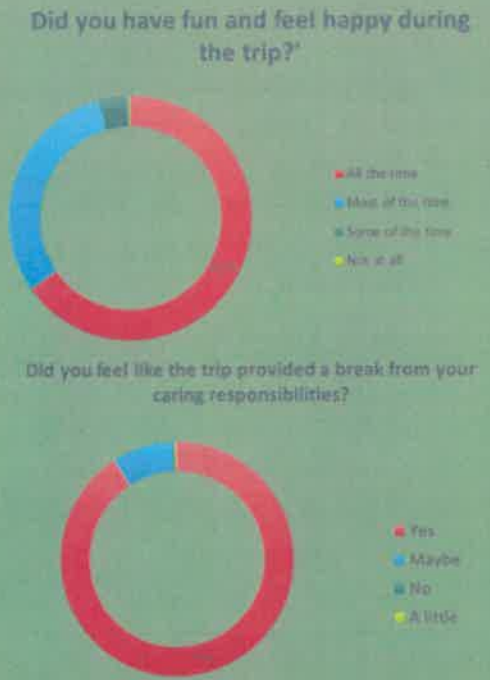
We provide opportunities to develop friendship with other young carers, to build their confidence, establish support networks and reduce the isolation that is often felt in being a young carer.

We aim to offer young carers experiences that they wouldn't normally have access to, to increase their confidence by undertaking activities that they may not have done before, to improve their mental health, confidence, and aspirations.

Impact:

We have provided 627 trip places for young carers over 42 activities in 2023/24. We have increased the hours dedicated to respite for our young carers through activities such as circus skills, ice skating, trapease, theatre trips, climbing and martial arts.

We also have our annual family fun day, which is free for our young carers and their families. It is a chance for all our young carers to meet up alongside our supporters and volunteers.



Mindfulness Movement

Our Mindfulness movement programme, is now an established in demand service which we offer currently to primary schools in The Vale and South Oxfordshire areas. We hope to be able to install a similar programme that we can offer to schools in Oxford City.

This is headed up by our Yoga practitioner, Emma Horwill, who runs weekly sessions for a 6 week period in primary schools.

Aims:

To give our primary school age young carers the tools to promote good mental health practice by teaching them breathing techniques, yoga and mindfulness.

To increase the confidence in younger children to talk about their mental health and wellbeing in relation to their caring role.



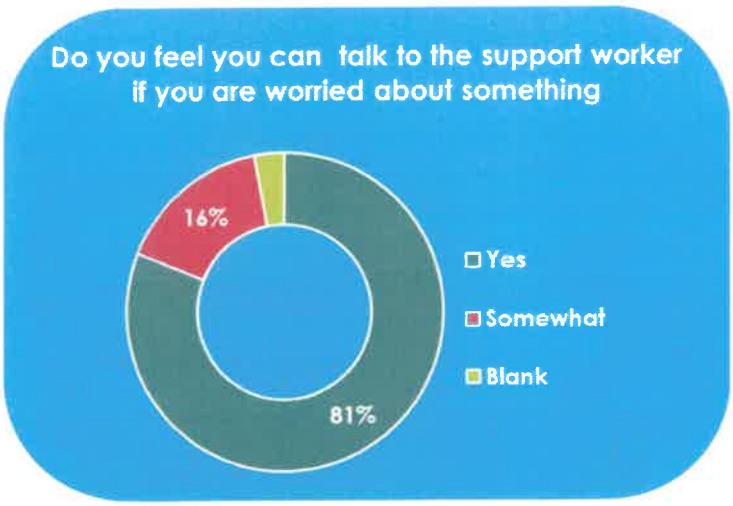
> "I think the two things we really took away from the session was the two year 5 girls who are now inspired to go and get their own yoga mats and practice for themselves..
>
> And the young chap who had a giggle fit seldom ever laughs like that, so it was wonderful to see. And just how many of them really engaged and tried something different."
>
> -Millbrook Primary School Home School Link Worker

Befriending Service

Our Befriending Service has been a success, it provides our more complex young carers with weekly or fortnightly respite from a trained volunteer.

These volunteers become the young carers trusted adult to 'download' their feelings and worries. The befriending service takes place for approximately 6 months and is seen as an intervention service in the young carers' lives, to give them that much needed respite and emotional support as they continue their caring role.

> "L said, "it's probably the best thing I've ever done."
>
> -Feedback from a Befriender



Aims:

These volunteers become the young carers trusted adult to 'download' their feelings and worries. The befriending service takes place for approximately 6 months and is seen as an intervention service in the young carers' lives, to give them that much needed respite and emotional support as they continue their caring role.

Impact:

In the financial year of 2023/2024, we have initiated 11 young carer and befriender matches.

We had 15 new befrienders apply and complete the onboarding process during the financial year.

1-2-1 Emotional Support & Counselling Service

Our 1-2-1 Emotional Support and Counselling Service has been an area of growth mainly in response to our young carer needs and the stretched statutory services.

We have taken on a counsellor who sees our young carers with more complex needs for 1-2-1 counselling sessions. Whereas our Senior Youth Workers conduct our 1-2-1 emotional support sessions. All of these sessions take place over a 6 week period in the school environment.

> "I've been wanting to get that off my chest for so long, but I couldn't tell anyone else because they would think I was an awful person."
>
> -Be Free Young Carer

Aims:

To provide young carers with a response to help their emotional and mental wellbeing over a 6 week period, improving their mental health and giving them the tools to enable them to use preventative techniques to control their mental wellbeing.

To increase young carers' confidence to become more resilient with their mental health, to offer them an outlet for their mental stresses with a trusted adult.

Impact:

We have provided an average of 174 sessions of 1-2-1 emotional support to 25 young carers and 85+ counselling sessions to young carers.

This has resulted in young carers reporting better mental health increased resilience, and improved coping strategies at the end of the 6 week period.









Be Free Young Carers Emotional Support & Counselling Team

> "Thank you for all your dedication and support, as always. Gemma's one-to-one sessions with J have made a huge difference to his behaviour and well-being. He appears less anxious.
>
> "It has made a hugely positive impact on our family, so thank you from the bottom of our hearts!"
>
> -Parent of a Young Carer

13+ Youth Groups

Our 13+ Youth Groups have been running for the last 2 years, thanks to the funding from The Peoples Health Trust.

This is a user led programme of monthly meetings for those young carers age 13 – 17 years old.

They are very much in control of what they do at these meetings, where they meet and what they want to discuss. This is important as we were finding that by the time young carers reached secondary school age, they stopped engaging with us. We have seen numbers for this service increase year on year and we are now duplicating this service in the Oxford City area.



Aims:

To increase teenage young carers engagement with us, to empower them to run workshops and activities for them, to promote their self-esteem and leadership skills.

To make meaningful friendships with other young carers, to feel comfortable to address topics that they would like to know more about, to relieve the isolation that can come with being a young carer and to promote good mental health.

> **This is the best activity I've been on with any of the charities I've had help from - it was so fun to meet people my own age who weren't lots younger than me.**
>
> -13+ Be Free Young Carer

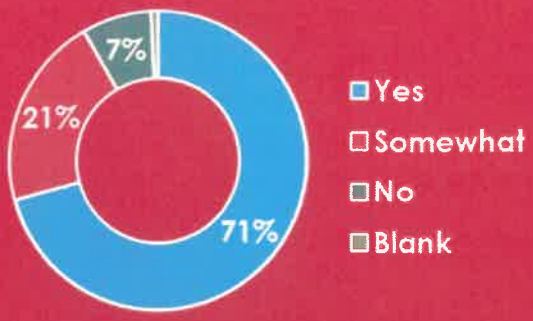
Impact:

We have hosted 13 meetings of our Youth Clubs and held 13 activities ranging from escape rooms to a trip to Thorpe Park.

We also provide food for our young carers to combat the impact of the cost of living crisis and food poverty.

We also provide free period products for our young carers to combat period poverty.

Did you make new friends?



A Case Study - Networks of Suport



Gemma Thorpe
Youth Worker - South Oxfordshire

I've been collaborating with One-Eighty to support a young carer struggling with overwhelming anxiety and stress which had led to suicidal ideation.

As the level of support he required surpassed what I could offer, I sought One-Eighty's expertise to explore additional interventions which could be tailored to meet the young carer's needs. During my initial meeting with them, they showed great empathy and encouraged me to make a referral, despite the family's ongoing struggle to secure funding.

A month later I was contacted with the fantastic news that they had managed to secure funding themselves and the support for this young carer could go ahead! Through progress reports it sounds like their work with this young carer is going really well and already having a positive impact on the young carer and his family.

I'm incredibly grateful that they took the time to listen to the situation and thought to offer their funding towards this young carers support, especially after the family had been battling for something to be put in place for so long.



Our Social Return on Investment

We have worked closely with the Carers Trust and Civil Society Consulting to create our Social Return on Investment (SROI) calculation. This is a representation of the value we have been able to create based on the attendance and services we offered between May 2023 and May 2024

Every pound invested in Be Free Young Carers has £9.03 of value.

An SROI calculator is an estimation of the value we have and does not include all the information on all of the services we offer and can not include the benefits of young carers repeatedly attending sessions or multiple different services.

Our SROI shows our donors that the money that they donate goes further and can have a significant impact on the lives of the young carers we support but also in creating further support systems for young careers and providing education and awareness of the challenges young carers face.

In order to generate this number we have considered:

- How many young carers attend our sessions.
- How we interact with other services.
- Our regular volunteers.
- The support we offer to schools.

Our Fundraising Strategy

The last year has seen our Fundraising team build upon our robust fundraising strategy plan which is one of growth to support our current strategic plan of expansion into a countywide organisation, while also maintaining our services and presence in the geographical areas we cover. This involves building on those partnerships and relationships that we have with supporters and funders.

We are fiercely proud to be an independent charity, receiving no statutory funding from local government or the NHS. This sees us rely on donations from the community, corporate and business partnerships and our main income coming from Trusts and Grants. I am incredibly proud of what our fundraising team have achieved with the backdrop of funding cuts and increased competition. Over the coming year we will look to expand and invest in this team to ensure we remain sustainable.

We will continue to build on our successes with fundraising, while looking to grow and develop other areas such as developing a new area of fundraising with our Ambassador club launching in 2025 for our corporate partners and setting up membership for those that would like to donate regularly to us. Our projects and beneficiaries continue to be highly fundable and attractive. The coming year will see us providing high quality supporter engagement and stewardship to those that support us. We continue to be deeply grateful to all our supporters new and old.

Finance

The Charity achieved an overall surplus of £82,979 for the year ended 31 March 2024 against a surplus of £20,762 in 2023. Total funds at year end were £288,577 (2023: £205,598). Income was received from Grants, Trusts, and Donations.

Total Income for the year was £413,413 (2023: £338,145). Total expenditure for the year was £330,434 (2023: £317,383).

Reserves policy

The Board of Trustees has designated a reserve of £55,000 to pay liabilities, complete and close work with current clients in the event of the organisation having to close. A separate designated reserve of £31,340 is to cover the cost of the balance of the loan from Guideposts.

The Charity has £18,100 in restricted funds, and £3,670 invested in Fixed Assets, with the remaining £266,807 as Free Reserves which satisfies the requirements of the policy. However £150,000 of these funds are ring fenced for our countywide expansion project.

Day to Day Operations

Sabiene North (CEO) and her team of nine deliver the day to day operations of the charity. These consist of two part time members of staff, with one staff member working remotely. Each team member has bimonthly 1-2-1 and performance reviews which reflect the charities overall business aims and objectives.

The staff handbook provides information on internal policies and procedures. Our frontline staff all have access to clinical supervision monthly and/or as and when they require this support, to help with the cases that they are dealing with. We also have a employee assistance programme in place for staff which includes free six week counselling should staff require this.

Looking Forward -Future Developments

We have joined the network partnership of Carers Trust which will see us access new and in-depth resources to further highly our cause and collaborate with other young carer groups to advocate for young carers on a larger scale.

2024 and beyond, looks to be another period of growth and expansion as we increase our presence in West Oxfordshire and look to North Oxfordshire to complete our countywide expansion. Under pinning this is our robust fundraising strategy which will see further expansion of the team to support this growth.

Be free Young Carers are committed to deliver substantial services in Oxfordshire and will continue to advocate for young carers. We aim to put Oxfordshire County on the map as being a beacon of what young carer support should look like to other counties. We will continue to monitor our impact as we under take our bold expansion by focusing on our SROI and feedback from our beneficiaries, professionals and families.

Once expansion has been completed, we will then be able to continue our strategic ambitions to support young carers at the trigger pints in their lives, from transitioning to secondary school to the next steps after school. This is an area where there is very little support or direction and one which our young carers have stressed to us that they need help with. At age 18 they only have the option to use adult based services, we know that the transition from our services to adult carers is a huge step and one where we have the expertise to guide them, under pining this will require further investment and support from funders and supporters.



Trustees' Responsibilities

The Trustees (who are also directors of Be Free Young Carers for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Trustees consider that the accounts for the year ended 31 March 2024 should be prepared on a going concern basis as there are no material uncertainties about it using this basis.

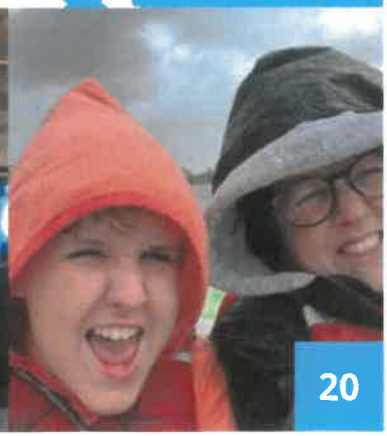
This report was approved by the Trustees on ..18/9/24.....

On Behalf of the Trustees of Be Free Young Carers

D Wells
Chair of Trustees







Independent Examiner's Report to the Trustees of Be Free Young Carers

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2024 which are set out on pages 22 to 31.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

2. the accounts do not accord with those records; or

3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

22/11/.. 2024

Statement of Financial Activities (including income and expenditure) for the year ended 31st March 2024

	Note	2024 Unrestricted General	2024 Unrestricted Designated	2024 Restricted	2024 Funds	2023 Funds
		Total	Total	Total	Total	Total
Income From:		£	£	£		£
Donations and general grants	3	309,906	-	92,100	402,006	330,195
Charitable Activities	4	1,022	-	5,000	6,022	6,139
Other income	4	5,385	-	-	5,385	1,811
Total		316,313	-	97,100	413,413	338,145
Expenditure on:						
Charitable activities	6	234,930	-	95,504	330,434	317,383
Total		234,930	-	95,504	330,434	317,383
Net movement in funds		81,383	-	1,596	82,979	20,762
Transfers between funds		5,000	(5,000)	-	-	-
Total funds brought forward		97,754	91,340	16,504	205,598	184,836
Total funds carried forward		184,137	86,340	18,100	288,577	205,598

The notes on pages 24 to 31 form part of these accounts.

Balance Sheet as at 31 March 2024 Be Free Young Carers

Company Number: 2989722

	Note	2024	2023
		£	£
Fixed Assets			
Tangible Assets	7	3,670	5,757
Current Assets			
Debtors	8	485	485
Cash at bank and in hand		318,858	242,948
		319,343	243,433
Creditors: Amounts falling due within one year	9	(34,436)	(43,592)
Net Current Assets		284,907	199,841
Net Assets	13	288,577	205,598
Funds			
Restricted Funds	11	18,100	16,504
Unrestricted Funds			
General Funds		184,137	97,754
Designated Funds	12	86,340	91,340
Total of Charity's funds		288,577	205,598

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I. For the year ended 31 March 2024 the charity was entitled to the exemption under Section 477 of the Companies Act 2006;

II. No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and III. The trustees acknowledge their responsibilities for:

a. ensuring the company keeps accounting records which comply with Section 386 and

b. preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on 18/9/24.

D Wells

(Director and Trustee)

The notes on pages 24 to 31 form part of these accounts.

Notes to the Accounts for the year ended 31st March 2024

1. Accounting policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the Charity's accounts:

a) Basis of Accounting

The accounts are prepared under the historical cost convention, and in compliance with applicable accounting standards, Statement of Recommended Practice Accounting and reporting by Charities in accordance with Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland (FRS 102) effective from 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The entity constitutes a public benefit entity as defined by FRS 102.

Following agreement at an Extraordinary Meeting on 21 February 2014 the Charity entered into a Constitutional and Service Level Agreement with Guideposts Trust which enables the charity to share the resources of Guideposts Trust. Additionally, Guideposts Trust has provided financial support to enable the charity to maintain services whilst a long term strategic plan to develop and grow sustainable services to carers in the region for both organisations was researched and developed. To date Guideposts Trust has outstanding financial support totalling £31,340 to the Charity by way of an intercompany loan, repayment of which will not be requested until the Charity generates the surpluses to do so.

On the back of commissioning changes in the County which has left the charity the only provider of Young Carers respite services in Oxfordshire against growing need, the charity is seeing interest from potential funders to support expansion of their support and wider awareness of the charity's work and impact. The Trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

b) Company Status

The company is limited by guarantee with no share capital and is a registered charity. The liability of each member in the event of a winding up of the company is limited to £10. The members of the company are the Trustees as named on page 2.

c) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rates which reflect the anticipated useful lives of the assets and their estimated residual value.

Computer Equipment	25% straight line

d) Fund Accounting

General funds are expendable at the discretion of the Trustees in the furtherance of the objectives of the charity and for the overall administration of the charity.

Restricted funds are those upon which restrictions and specific criteria for their use are imposed by the donor. The costs of raising and administering such funds are charged against the specific fund.

e) Pension Costs

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions by the Charity to the funds, which are recognised when they become payable.

Notes to the Accounts for the year ended 31st March 2024 (Continued)

1. **Accounting policies (continued)**

f) Income

All income & endowments are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy and receipt is probable. The following specific policies are applied to particular categories of income:

- Donations and general grants are included in full in the Statement of Financial Activities when they are received by the charity.
- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Investment income, including interest income is included when receivable.
- Income to fund charitable activity; where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Where the charity's entitlement is not conditional on the delivery of specific performance, the grant is recognised once the charity becomes unconditionally entitled to the grant.

g) Operating Leases

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

h) Expenditure

All expenditure is accounted for on an accruals basis when the liability is incurred and has been classified under headings that aggregate all costs related to that category, including all applicable VAT. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of resources.

- Charitable activities include expenditure associated with the provisions of activities and services for beneficiaries and include both the direct costs and support costs relating to these activities.
- Governance costs include those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.
- Support costs include administrative functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita staff costs by the time spent and other costs by their usage.

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Accounts for the year ended 31st March 2024 (Continued)

2 Net Movement in Funds

Net Movement in Funds for the year is stated after charging:

	2024	2023
Independent Examiner's Remuneration	1,500	1,500
Operating Lease Cost - property	17,829	10,395

3 Donations and General Grants

	2024	2023
	£	£
Donations from Parishes and Towns	10,738	4,754
Donations from individuals and organisations	52,231	43,146
Donations from legacies	27,143	35,247
Other Trusts and Foundations	311,894	247,048
	402,006	330,195

4 Income to Fund Charitable Activities

	2024	2023
	£	£
South Oxfordshire District Council	6,022	6,139
	6,022	6,139
Other Income		
Bank interest received	5,385	1,811
	5,385	1,811

Notes to the Accounts for the year ended 31st March 2024 (Continued)

5 Employees

	2024 Number	2023 Number
The average number of employees during the year was:		
Employees	8	8
	8	8

Their total remuneration was:	£	£
Wages and salaries	205,215	206,618
Social security costs	14,956	11,304
Other pensions costs	5,201	5,475
	225,372	223,397

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents contributions payable by the charity to the funds, which are recognised when they become payable. Contributions payable by the charity amounted to £720 at 31st March 2024 (2023: £472). The total paid to Key Management Personnel was £49,500 (2023: £46,411) and there were no employees earning more than £60,000 in the year.

6 Analysis of Expenditure

Charitable Activities

	2024 Total	2023 Total
	£	£
Staff Wages and Salaries	225,372	223,397
Staff Welfare and Training	5,129	148
Direct Costs – Outings, Events and Consultants	58,123	49,257
Premises Expenses and Insurance	22,285	20,706
Office and Travel costs	439	964
Advertising & Publicity	4,230	6,370
Bank Charges	71	72
Recruitment Costs	299	1,337
Depreciation	2,803	2,681
IT Software, Services and Equipment	4,393	7,453
Other Costs	-	105
Governance Costs	1,800	1,680
Accountancy and Other Professional Costs	5,490	3,213
	330,434	317,383

Notes to the Accounts for the year ended 31st March 2024 (Continued)

7 Tangible Fixed Assets

	Equipment	Total
	£	£
Cost		
At 1st April 2023	15,508	15,508
Additions	716	716
At 31st March 2024	16,224	16,224
Depreciation		
At 1st April 2023	9,751	9,751
Charge for year	2,803	2,803
At 31st March 2024	12,554	12,554
Net book value		
At 31st March 2024	3,670	3,670
At 31st March 2023	5,757	5,757

All assets are held for charitable purposes.

8 Debtors due within one year

	2024	2023
	£	£
Other debtors	485	485
	485	485

9 Creditors: Amounts falling due within one year

	2024	2023
	£	£
Due to Guideposts Trust Limited	31,340	36,340
Other creditors	3,096	7,252
	34,436	43,592

Notes to the Accounts for the year ended 31st March 2024 (Continued)

10 Leasing commitments

Total commitments due under operating leases for premises used by the Charity are as follows:

	2024 £ Land and Buildings	2023 £ Land and Buildings
Operating lease	4,428	3,839
	4,428	3,839

11 Movements on Restricted Funds

Current year

	Balance 1 Apr 2023 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2024 £
The National Lottery	7,000	75,000	(75,000)	-	7,000
The National Lottery 2	6,672	-	(6,672)	-	-
UK Youth	2,000	5,000	(2,000)	-	5,000
Masonic	832	-	(832)	-	-
St James's Place Charitable Foundation	-	11,000	(11,000)	-	-
Charles Lewis Foundation	-	5,000	-	-	5,000
Oxford Community foundation	-	1,100	-	-	1,100
	16,504	97,100	(95,504)	-	18,100

Notes to the Accounts for the year ended 31st March 2024 (Continued)

£75,000 from the National Lottery is for our expansion into Oxford City.
£5,000 from UK Youth is for Cost of Living support.
£11,000 from St James's Place Charitable Foundation is for our expansion into Oxford City for Youth Worker salary.
£5,000 from Charles Lewis Foundation is for respite activities.
£1,100 from Oxford Community Foundation is for energy.

12 Movements on Designated Funds

Current year

	Balance 1 Apr 2023 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2024 £
Guideposts Trust Fund	36,340	-	-	(5,000)	31,340
Contingency Fund	55,000	-	-	-	55,000
	91,340	-	-		86,340

The Guideposts Trust fund is designated to cover the loan payments. The Contingency fund is to enable an orderly winding up if the charity needed to close.

Notes to the Accounts for the year ended 31st March 2024 (Continued)

13 Analysis of Net Assets between Funds

Current Year	Tangible Fixed Assets £	Net Current Assets £	2024 Total Assets £
Restricted Funds			
The National Lottery	-	7,000	7,000
UK Youth	-	5,000	5,000
Charles Lewis Foundation	-	5,000	5,000
Oxford Community Foundation 2	-	1,100	1,100
Unrestricted Funds	3,670	266,807	270,477
	3,670	284,907	288,577

Previous Year	Tangible Fixed Assets £	Net Current Assets £	2023 Total Assets £
Restricted Funds			
The National Lottery	-	7,000	7,000
The National Lottery 2	-	6,672	6,672
UK Youth	-	2,000	2,000
Masonic	-	832	832
Unrestricted Funds	5,757	183,337	189,094
	5,757	199,841	205,598

14 Trustee Remuneration and Related Party Transactions

No Trustee received any remuneration during the year (2023: £NIL) and reimbursed expenses (2023: £NIL).

No Trustee of the Charity has any personal interest in any contract or transaction entered into by the Charity during the year (2023: £NIL).

In February 2014 the Charity entered into an agreement with Guideposts Trust, a registered charity and whose objects were compatible with that of the Charity. The agreement enabled Guideposts to support the Charity to continue providing young carers with the vital support, advice and other services to improve the quality of their lives. A member of the Guideposts Senior Management Team is able to sit on the board of Trustees of the Charity. Guideposts has previously provided financial support to the Charity; an inter-company loan of £31,340 represents financial support provided at the balance sheet date. An annual repayment is made by the Charity subject to it generating sufficient surpluses to do so.

BE FREE YOUNG CARERS LTD

England & Wales - Charity number 1042708

Accounts



Annual Report & Accounts

2022 - 2023

BE FREE YC

Supporting Young Carers in Oxfordshire

Registered Charity Number: 1042708 / Company No: 2989722

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BE FREE YC
Supporting Young Carers in Oxfordshire

Be Free Young Carers
Charitable Non Profit Organisation
No: 1042708

Company No: 2989722

Harwell Innovation Centre
173 Curie Avenue
Didcot
Oxfordshire
OX11 0QG

www.befreeyc.org.uk

Trustees
David Wells (Chair)
Loretta Light (Vice Chair)
Elizabeth Paris (Vice Chair)
Laurie Cooper
Nicola Cole
Jo Broad
Colin Mitchell
Roy Browne
Angus Horner
Alison Thompson
Kirren Mahmood (Associate Trustee)

Independent Examiners
UHY Ross Brooke
Suite 1
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

Solicitors
Osborne Clarke
3 Forbury Place
23 Forbury Road
Reading
RG1 3JH

Bankers
CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ



A Message from our CEO

I am delighted to present our Annual Accounts for the past year, showcasing the remarkable progress and impact of Be Free Young Carers. As we navigate through these challenging times, I am grateful for the unwavering commitment and support in ensuring a brighter future for young carers across our community.

The past year has been marked by both resilience and innovation, as we adapted swiftly to the evolving needs of our young carers. Despite the hurdles presented by the global circumstances, our team's dedication and determination enabled us to extend our reach and provide crucial assistance to those in need. We have witnessed first-hand the transformative power of collective action, making a profound difference in the lives of young carers and their families.

Our financial performance this year reflects the effective utilisation of resources and the successful execution of our programs. We have remained steadfast in our commitment to transparency and accountability, ensuring that every donation and contribution is invested wisely in creating sustainable and long-lasting change.

In the face of uncertainty, our charity has emerged stronger and more agile than ever before. The creativity and adaptability displayed by our team have allowed us to pioneer new initiatives, reach more young carers, and expand our support network. Together, we have created a nurturing environment that fosters growth, empowerment, and emotional well-being for our young carers, enabling them to pursue their dreams and aspirations.

As we look ahead, we remain committed to continuously improving and refining our programs, ensuring that we adapt to the evolving needs of our beneficiaries. The challenges faced by young carers demand our unwavering dedication and innovative spirit, and we embrace the opportunity to make an even greater impact in the coming year.

I want to extend my deepest gratitude to our incredible team, volunteers, donors, partners, and the young carers themselves. Your passion and commitment are the driving force behind our success, and I am honoured to lead such a dedicated and caring community.

-Sabiene North CEO, Be Free Young Carers

Chair of Trustees' Statement

I am pleased to report a successful 2022/23 for Be Free Young Carers. The Charity has continued to provide excellent support to Young Carers in South, the Vale of White Horse and now Oxford City. The demand for our services sadly continues to grow across Oxfordshire. I am grateful to our Staff, Volunteers and Trustees for their hard work and personal contributions towards improving the life outcomes for our Young Carers.

The Charity will continue to focus on Young Carers' needs in Oxfordshire, and will look to support the West Oxfordshire area in the coming years. We continue to develop closer relations with Oxfordshire County Council and the Integrated Care Partnership in Oxfordshire, as well as our traditional supporters without whom we could not continue to grow.'

David Wells, Chair of Trustees



The Trustees present their report with the unaudited accounts for the year to 31st March 2023.

Reference & Administrative Detail

Be Free Young Carers is a company limited by guarantee, incorporated in England & Wales and a registered charity.
The Trustees who are also Directors for the purposes of the Companies Act 2006, have pleasure in presenting their report and the unaudited financial statements of the Charity for the year ended 31 March 2023.

Structure, Governance & Management

Organisation

The Charity which during the year employed 8 people is led by a well-established, effective Board of Trustees, recruited for their complementary knowledge, skills and experience.

The Board of Trustees now meets four times a year and for the AGM. Three sub committees of the Main Board have been established to support the CEO with the day to day running of the Charity.

They are Quality and Performance, Fundraising and Partnerships, and Finance and Administration. Each has a Terms of reference, meets in advance of quarterly Trustee meetings, providing oversight and reporting on key activities.

Members of the board of Trustees, who are Directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of approval of this report, are listed below:

David Wells – Chair
Lesley Legge (resigned 07.06.2022)
Roy Clifford Browne
Angus Horner
Loretta Light
Elizabeth Paris
Rose Payne (resigned 07.06.2022)
Kate Pearmain (resigned 07.06.2022)
Lucy Pritchard (resigned 07.06.2022)
Alison Thomson
Colin Mitchell (appointed 07.06.2022)
Laurie Cooper (appointed 07.06.2022)
Nicola Cole (appointed 07.09.2022)
Jo Broad (appointed 23.11.2022)
Kirren Mahmood (Associate Trustee) (appointed 23.11.2022)



Trustee Induction

A prospective Trustee is usually known to one or more of the current board members or responded to an advert, and is invited to join the board based on their background and experience.

After meeting all the Trustees their election is put to the vote at a Trustees meeting. Those Trustees that are involved in recruitment also undergo safer recruitment training.

All new Trustees undergo an induction programme that includes all the necessary written information on the role and responsibilities of a Trustee and an understanding of the Charity's work and mission. All Trustees undergo generalised safeguarding training and are fully DBS checked.

> Young carers are just amazing. For many of them caring means hard work, patience and often not getting to have the fun other children have. We just can't thank them enough.

- Elizabeth Paris, BFYC Vice Chair of Trustees

Public Benefit

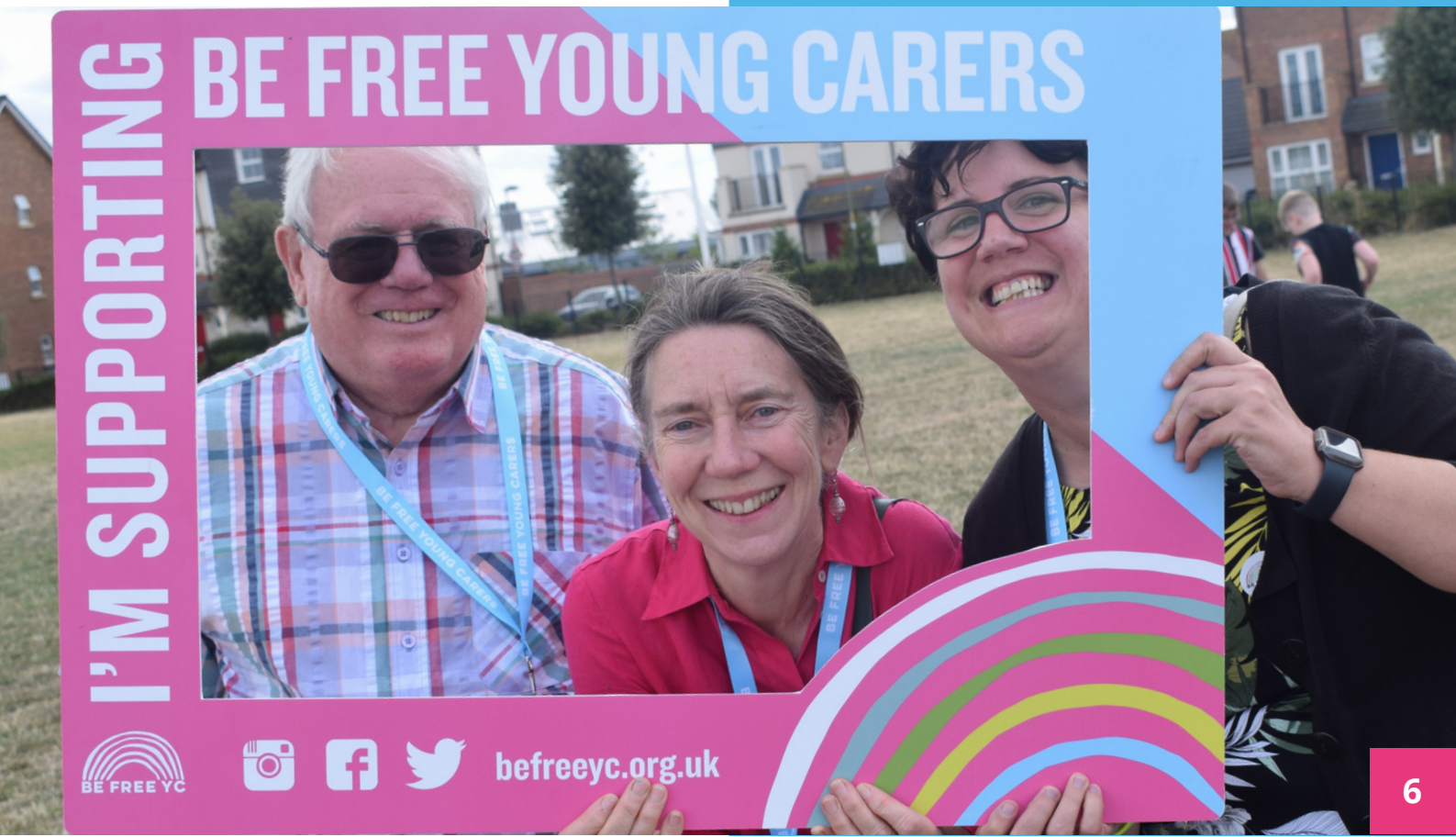
The Charity's purposes as set out in the objects contained in the company's Memorandum of Association are to:

a) Alleviate the conditions of life among people who are caring or who have cared for elderly, sick, disabled, handicapped or otherwise infirm persons at home and who are in necessitous circumstances;

b) To promote the material welfare of such carers, to relieve and alleviate and to advance, promote, encourage and assist in the relief or alleviation of all kinds of mental and physical infirmity, sickness, disablement or handicap including mental illness attributable to caring among carers and the persons for whom they are caring in South Oxfordshire and the Vale of White horse and the surrounding areas;

c) To advance the education of the public about the part that carers and caring can play generally.

The aims of the Charity are to enable carers to better manage their caring role through advice, information and support and to identify and raise the profile of carers and caring. Our aims fully reflect the purposes that the Charity was set up to further.





Our Vision

Be Free Young Carers is the only charity in Oxfordshire devoted to improving young carers' well-being and opportunities, though the provision of recreational, emotional and social support.

Our vision is to enable Oxfordshire's young carers to achieve their full potential by delivering a far-reaching developmental and emotional support network of people and resources in their daily lives, their schools and communities.

Our Mission

We are the only independent charity in Oxfordshire working exclusively with young carers.

We support them by widening their life options and improving their emotional and social health, resilience and development because we passionately believe they can be free to fulfil their adult potential unhindered by their childhood responsibilities.

> **We are the only independent charity in Oxfordshire working exclusively with young carers.**

Our Objective

To consolidate on our already established services in the areas of The Vale of White Horse and South Oxfordshire.

To build upon our recent expansion to Oxford City, by increasing our area coverage and supporting more young carers in this area.

To build upon our strategic expansion plans to become an established countywide charity, supporting Oxfordshire's young carers.

To relieve the mental health burden of being a young carer.

To support Oxfordshire schools identify and support young carers, we do this by arranging school assemblies, world book day tours and by assisting them in setting up young carer clubs.

To be advocates for young carers when liaising with statutory services, families, schools and other key stakeholders.



Main Programmes & Projects

School Holiday Activity Programme

We run respite activities throughout the school holidays, providing young carers with the mental health respite from their caring role and letting them be a child for a few hours. These can include a day out to the seaside, theme park trips and theatre visits. In 2022, 437 trip places were attended by young carers under 12 years old.

Befriending service

Young carers are paired up with our trained volunteers who will meet with our young carers weekly and give them a break from their role. The Befriender is also a trusted adult that the young carer can confide in.

1-2-1 Emotional Support & Counselling Service

Complex cases are referred to our youth workers who will visit the young carer in their school environment and deliver 1-2-1 emotional support. For our extreme cases, we use our trained counsellor to provide the counselling service. Each weekly session is usually for 60 minutes and is over a period of 6 weeks.

Mindfulness Movement

This is aimed at our young carers aged between 8 and 11 and is a preventative measure to aid good mental health and teach wellbeing techniques. Our qualified yoga teachers attend schools and hold 45-minute sessions with young carers teaching them breathing techniques, relaxation methods and wellbeing tools.



> Thank you so much. E had an amazing day. She's shown me all the photos and told me everything. These days out mean so much to her. Thanks again to you and your team for taking the time to makes these young people feel appreciated and rewarded.

-Parent of a Young Carer

“I felt like I got my son back, the happy one who enjoyed everything he did with his brother and your volunteer befriender did that, every time they meet up, he would come home saying it was the best day or I had so much fun.”

-Parent of a Young Carer



13+ Youth Groups

Aimed at our older young carers, these youth clubs meet monthly at various locations, they are user led and are a vital way that we engage with our teenagers.

Young Carer Advocacy in School

We help and support schools to set up young carer clubs, we attend assemblies, offer young carer tool kits and videos to help teachers and children identify, understand, and support young carers.

Employability and Mentoring Programme - NEW FOR 2023

This is targeted at our young carers of secondary school age that do not have access to work experience placements, we use our corporate partnerships to secure these and provide mentors. Every young carer in year 7 that needs a laptop is given one, so that they are on a level playing field with other children their age.

437

Young Carers provide with 20 respite activities

90

121 Emotional Support sessions provided to Young Carers

19

Young Carers matched with Befrienders

Be Free Young Carers Service Delivery 2022-2023

School Holiday Activity Programme

Be Free Young Carers have continued with our flagship School Holiday Activity Programme, this has increased in popularity, especially since the pandemic as young carers are keen to get the respite that they need with their role.

We have increased the number of respite activities to keep up with demand. Each activity involves approx. 30-40 young carers and includes activities such as a theme park trip, day at the beach or a visit to a trampoline park.

Thanks to Oxfordshire Community Foundation, we are able to provide our young carers with food during these events. This is needed to ensure that in the cost of living crisis, in school holidays, our young carers have access to food.

Aims:

To provide young carers with a respite break from their role of looking after their loved one, to reduce their stress, anxiety and improve their wellbeing in their caring role.

By being around other young carers in similar roles we hope to reduce feelings of loneliness and isolation. We hope to challenge the stigma of being a young carer, and to show young carers that they aren't on their own.

We provide opportunities to develop friendship with other young carers, to build their confidence, establish support networks and reduce the isolation that is often felt in being a young carer.

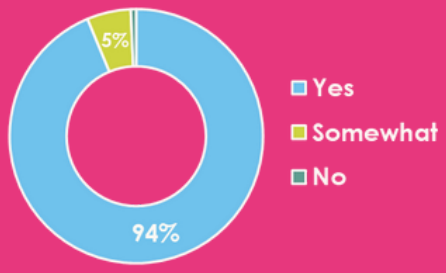
We aim to offer young carers experiences that they wouldn't normally have access to, to increase their confidence by undertaking activities that they may not have done before, to improve their mental health, confidence, and aspirations.

Impact:

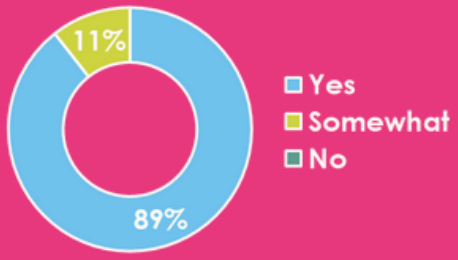
We have provided 437 trip places for young carers over 20 activities in 2022/23. We have increased the hours dedicated to respite for our young carers through activities such as circus skills, ice skating, trapease, theatre trips, climbing and martial arts.

We also have our annual family fun day, which is free for our young carers and their families. It is a chance for all our young carers to meet up alongside our supporters and volunteers.

Did you have fun on the trip?



Has this trip given you a break from your caring role?



Befriending Service

Our Befriending Service has been a success, it provides our more complex young carers with weekly or fortnightly respite from a trained volunteer.

These volunteers become the young carers trusted adult to 'download' their feelings and worries. The befriending service takes place for approximately 6 months and is seen as an intervention service in the young carers' lives, to give them that much needed respite and emotional support as they continue their caring role.

> **"L said, "it's probably the best thing I've ever done."**

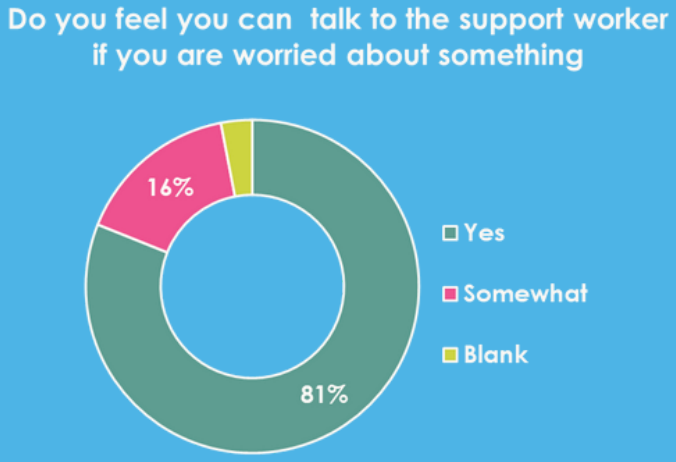
-Feedback from a Befriender

Aims:

These volunteers become the young carers trusted adult to 'download' their feelings and worries. The befriending service takes place for approximately 6 months and is seen as an intervention service in the young carers' lives, to give them that much needed respite and emotional support as they continue their caring role.

Impact:

We have provided 19 young carers with 19 befriender matches.







1-2-1 Emotional Support & Counselling Service

Our 1-2-1 Emotional Support and Counselling Service has been an area of growth mainly in response to our young carer needs and the stretched statutory services.

We have taken on a counsellor who sees our young carers with more complex needs for 1-2-1 counselling sessions. Whereas our Senior Youth Workers conduct our 1-2-1 emotional support sessions. All of these sessions take place over a 6 week period in the school environment.

> **“I’ve been wanting to get that off my chest for so long, but I couldn't tell anyone else because they would think I was an awful person.”**

-Be Free Young Carer

Aims:

To provide young carers with a response to help their emotional and mental wellbeing over a 6 week period, improving their mental health and giving them the tools to enable them to use preventative techniques to control their mental wellbeing.

To increase young carers' confidence to become more resilient with their mental health, to offer them an outlet for their mental stresses with a trusted adult.







Be Free Young Carers Emotional Support & Counselling Team

Impact:

We have provided 90 sessions of 1-2-1 emotional support to 25 young carers and 141 counselling sessions to 27 young carers.

This has resulted in young carers reporting better mental health increased resilience, and improved coping strategies at the end of the 6 week period.

> **“Thank you for all your dedication and support, as always. Gemma’s one-to-one sessions with J have made a huge difference to his behaviour and well-being. He appears less anxious.**
>
> **"It has made a hugely positive impact on our family, so thank you from the bottom of our hearts!"”**

-Parent of a Young Carer

Mindfulness Movement

Our Mindfulness movement programme, which was trialled in primary schools has resulted in us rolling this service out to primary schools in The Vale and South Oxfordshire areas.

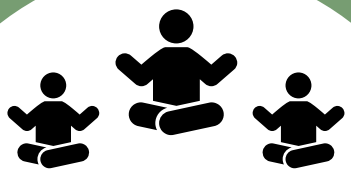
This is headed up by our Yoga practitioner, Emma Horwill, who runs weekly sessions for a 6 week period in primary schools.

Aims:

To give our primary school age young carers the tools to promote good mental health practice by teaching them breathing techniques, yoga and mindfulness.

To increase the confidence in younger children to talk about their mental health and wellbeing in relation to their caring role.

Impact:



54 Mindfulness Movement sessions have been delivered to 34 young carers.

"I think the two things we really took away from the session was the two year 5 girls who are now inspired to go and get their own yoga mats and practice for themselves..

And the young chap who had a giggle fit seldom ever laughs like that, so it was wonderful to see. And just how many of them really engaged and tried something different."

-Millbrook Primary School Home School Link Worker



13+ Youth Groups

Our 13+ Youth Groups have been running for the last 2 years, thanks to the funding from The Peoples Health Trust.

This is a user led programme of monthly meetings for those young carers age 13 – 17 years old.

They are very much in control of what they do at these meetings, where they meet and what they want to discuss. This is important as we were finding that by the time young carers reached secondary school age, they stopped engaging with us. We have seen numbers for this service increase year on year and we are now duplicating this service in the Oxford City area.



Aims:

To increase teenage young carers engagement with us, to empower them to run workshops and activities for them, to promote their self-esteem and leadership skills.

To make meaningful friendships with other young carers, to feel comfortable to address topics that they would like to know more about, to relieve the isolation that can come with being a young carer and to promote good mental health.

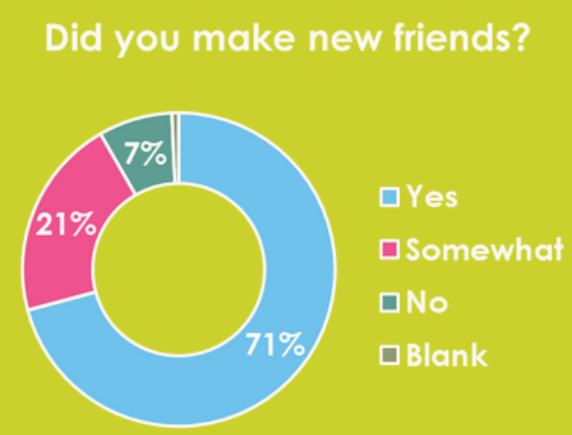
> **This is the best activity I've been on with any of the charities I've had help from - it was so fun to meet people my own age who weren't lots younger than me.**
>
> **-13+ Be Free Young Carer**

Impact:

We have hosted 13 meetings of our Youth Clubs and held 13 activities ranging from escape rooms to a trip to Thorpe Park.

We also provide food for our young carers to combat the impact of the cost of living crisis and food poverty.

We also provide free period products for our young carers to combat period poverty.





Young Carer Advocacy & School Liaison

Be Free Young Carers have worked incredibly hard at this aspect of our work this year and we take pride in our achievements and the impact this work has taken.

Aims:

Our aim has been to raise awareness of young carers in schools and to be their voice wherever we can. We have paired this with the work we completed around the school census which saw young carers having to be identified by schools.



Impact:

Thanks to funding from Didcot Powerhouse, we were able to commission a video that schools could use to play in their assemblies to talk to children about young carers, how to identify them and how we can support them.

We paired this with sending a tool kit to each school to enable them to support young carers. Alongside this we have also completed a three-day world book day tour of primary schools, with award-winning author Rab Ferguson.

This saw our Youth Workers visit 10 schools where they held assemblies and author talks, and donated books to each school.

We have also supported schools in setting up young carer youth clubs in house. We provide them with the tools and resources to establish these groups.



Finance

The Charity achieved an overall surplus of £20,762 for the year ended 31 March 2023 against a surplus of £45,313 in 2022.

Total funds at year end were £205,598 (2022: £184,836).

Income was received from Grants, Trusts, and Donations. Total Income for the year was £338,146 (2022: £296,248). Total expenditure for the year was £317,383 (2022: £250,935).

Reserves policy

The Board of Trustees has designated a reserve of £55,000 to pay liabilities, complete and close work with current clients in the event of the organisation having to close. A separate designated reserve of £36,340 is to cover the cost of the balance of the loan from Guideposts.

The charity has £16,504 in restricted funds, and £5,757 invested in Fixed Assets, with the remaining £183,337 as Free Reserves which satisfies the requirements of the policy.

Day to Day Operations

Sabiene North (CEO) and her team of seven staff deliver the day to day operations of the charity. These consist of two part time members of staff, with two staff members working remotely. Each team member has bimonthly 1-2-1 and performance reviews which reflect the charities overall business aims and objectives.

The staff handbook provides information on internal policies and procedures. Our frontline staff all have access to clinical supervision monthly and/or as and when they require this support, to help with the cases that they are dealing with. We also have a employee assistance programme in place for staff which includes free six week counselling should staff require this.

Fundraising

Be Free Young Carers fundraising was carried out by our part time fundraiser and our CEO, while we recruited a full time fundraiser.

We have worked incredibly hard to maintain our income levels during this time. Our Full time fundraiser has now joined the team, and began this role in March 2023.

We are delighted to continue to be supported by so many funders wanting to impact young carers lives.

Funding bids are carefully researched and approached by the team. We continue to build on existing relationships and develop new ones. We have been fortunate to raise our profile through winning the BBC 'Make a difference award', and key strategic partnerships, which have seen huge growth in our corporate partnerships.

We continue to build upon this success and work with other organisations to form partnerships. Fundraising has been an incredibly tough environment for us this year. We now have two members of the fundraising team who alongside our CEO, to provide the income needed to continue our vital services.

With our increased profile, we have seen an increase in our corporate partnerships and funds being generated through this income stream. Through our partnerships with Saïd Business School, Opendoorz and Penlon, we have attracted many more businesses to commit to supporting us. Trusts and grants have fallen slightly on previous years due to the increase in demand from charities and also due to us being a fundraiser short.

We have diverse income streams however due to the unpredictable nature of fundraising we are cautious for the future. We have seen a huge increase
in costs with our rent, transport costs and other expenses increasing higher than inflation. We have a robust fundraising strategy in place with two experienced fundraisers.



Achievements

We have been recognised by the BBC 'Make a difference Awards' 2022, along with being finalists in the Oxford Business Awards, Charity of the Year. We have completed a successful school awareness campaign that took place during the week of World Book Day and Young Carers Action day, which saw us complete a school tour in Oxfordshire.

We held young carer assemblies, gave away young carer books to school and completed the tour with the author, Rab Ferguson. This not only raised awareness but also vital funds for BFYC.

Thanks to the Didcot Powerhouse grant, we distributed a video to schools that they could use in their assemblies to raise awareness of young carers.

We have worked in collaboration with the North Wall and Creation Theatre to arrange for our young carers to attend a Christmas pantomime in Oxford.

The cost of living crisis has been at the forefront of our operations. Not only have we seen it first hand with increased costs, but also with our young carers.

Period, hygiene and food poverty have increased and we have risen to the challenge of combating this by providing those young carers that need it, with period packs.

At Christmas, along with our corporate partners, we were able to distribute cost of living hampers to our young carers – these contained shampoo, conditioner, shower gel, hot water bottles, along with chocolates and hot chocolate donated by Whittards.

We have also seen food poverty and thanks to a grant from Oxfordshire Community Foundation, we are able to provide our young carers with snacks and a meal at our interactions with them.

Our CEO, Sabiene North, now sits on the Oxfordshire Safeguarding and Children's Board, representing the voluntary sector and giving vital insight into the challenges and themes that the Youth Sector are seeing on the frontline.



BFYC helped Oxfordshire County Council by advising them on their unpaid carer strategy, playing an important role in highlighting the need and demand for young carers to get support throughout Oxfordshire.

We are looking forward to growing the charity and our services, demand continues to be high and we are seeing more complex cases referred to us from statutory services.

2023-2024 will see us run our first respite residential at the Young Carers Festival in the New Forrest. We will continue to run our Summer Family Fun Day for our young carer families and our Christmas Parties, to give our young carers a chance to come together as a community.

We have plans to expand our services to include an employability and partnership programme to engage with older young carers as they transition to secondary school, college and university, this is dependent on funding.

Special Thank You

We would like to say thank you to the following funders for their continued support:

- **The National Lottery – providing funds for our Oxford expansion**
- **Step Change – providing fund for our expansion into Oxford City**
- **Didcot Powerhouse – providing funds for our befriending service and assembly video for the Didcot Garden Town Area**
- **People's Health Trust – providing funding for our 13+ Youth Group**
- **St. James's Place Foundation – Oxford project**

Trustees' Responsibilities

The Trustees (who are also directors of Be Free Young Carers for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year.

In preparing these financial statements, the Trustees are required to:

- **select suitable accounting policies and then apply them consistently;**
- **observe the methods and principles in the Charities SORP;**
- **make judgements and estimates that are reasonable and prudent;**
- **state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;**
- **prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees consider that the accounts for the year ended 31 March 2023 should be prepared on a going concern basis as there are no material uncertainties about it using this basis.

This report was approved by the Trustees on

.....

On Behalf of the Trustees of Be Free Young Carers



Independent Examiner's Report to the Trustees of Be Free Young Carers

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2023 which are set out on pages 21 to 34.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b)of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act.

I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

..... 2023

Statement of Financial Activities

(including income and expenditure) for the Year ended 31st March 2023

	Note	2023 Unrestricted General	2023 Unrestricted Designated	2023 Restricted	2023 Funds	2022 Funds
Income From:		**Total (£)**	**Total (£)**	**Total (£)**	**Total (£)**	**Total (£)**
Donations and General Grants	3	179,945	-	150,250	330,195	273,985
Charitable Activities	4	6,139	-	-	6,139	21,475
Other Income	4	1,811	-	-	1,811	788
Total		**187,895**	-	**150,250**	**338,145**	**296,248**
Expenditure on:						
Charitable Activities	6	145,262	-	172,121	317,383	250,935
Total		**145,262**	-	**172,121**	**317,383**	**250,935**
Net Movement in Funds		42,633	-	(21,871)	20,762	45,313
Transfers between funds		8,660	(8,660)	-	-	-
Total Funds Brought Forward		46,461	100,000	38,375	184,836	139,523
Total Funds Carried Forward		**97,754**	**91,340**	**16,504**	**205,598**	**184,836**

The notes on pages 23 to 34 form part of these accounts.

Balance Sheet

as at 31st March 2023

	Note	2023 (£)	2022 (£)
Fixed Assets			
Tangible assets	7	5,757	8,438
Current Assets			
Debtors	8	485	485
Cash at bank and in hand		242,948	218,693
		243,433	219,178
Creditors: Amount falling due within one year	9	(43,592)	(42,780)
Net Current Assets	13	199,841	176,398
Net Assets		205,598	184,836
Funds			
Restricted	11	16,504	38,375
Unrestricted			
General		97,754	46,461
Designated	12	91,340	100,000
Total of Charity's Funds		205,598	184,836

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

i. For the year ended 31 March 2023 the charity was entitled to the exemption under Section 477 of the Companies Act 2006;
ii. No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and
iii. The trustees acknowledge their responsibilities for:
a. ensuring the company keeps accounting records which comply with Section 386 and
b. preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on .....

D Wells
(Director and Trustee)

Be Free Young Carers
Registered Charity No: 1042708 / Company No: 2989722

The notes on pages 23 to 34 form part of these accounts.

Notes to the Accounts

For the Year ended 31st of March 2023

1. Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the Charity's accounts:

a) Basis of Accounting

The accounts are prepared under the historical cost convention, and in compliance with applicable accounting standards, Statement of Recommended Practice Accounting and reporting by Charities in accordance with Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland (FRS 102) effective from 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The entity constitutes a public benefit entity as defined by FRS 102.

Following agreement at an Extraordinary Meeting on 21 February 2014 the Charity entered into a Constitutional and Service Level Agreement with Guideposts Trust which enables the charity to share the resources of Guideposts Trust. Additionally, Guideposts Trust has provided financial support to enable the charity to maintain services whilst a long term strategic plan to develop and grow sustainable services to carers in the region for both organisations was researched and developed. To date Guideposts Trust has outstanding financial support totalling £36,340 to the Charity by way of an intercompany loan, repayment of which will not be requested until the Charity generates the surpluses to do so.

On the back of commissioning changes in the County which has left the charity the only provider of Young Carers respite services in Oxfordshire against growing need, the charity is seeing interest from potential funders to support expansion of their support and wider awareness of the charity's work and impact. The Trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

b) Company Status

The company is limited by guarantee with no share capital and is a registered charity. The liability of each member in the event of a winding up of the company is limited to £10. The members of the company are the Trustees as named in the Trustees Report on page 5.

c) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rates which reflect the anticipated useful lives of the assets and their estimated residual value.

Computer Equipment	**25% straight line**

d) Fund Accounting

General funds are expendable at the discretion of the Trustees in the furtherance of the objectives of the charity and for the overall administration of the charity.

Restricted funds are those upon which restrictions and specific criteria for their use are imposed by the donor. The costs of raising and administering such funds are charged against the specific fund.

e) Pension Costs

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions by the Charity to the funds, which are recognised when they become payable.

1. Accounting Policies (Continued)

f) Income
All income & endowments are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy and receipt is probable. The following specific policies are applied to particular categories of income:

- **Donations and general grants are included in full in the Statement of Financial Activities when they are received by the charity.**
- **Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.**
- **Investment income, including interest income is included when receivable.**
- **Income to fund charitable activity; where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Where the charity's entitlement is not conditional on the delivery of specific performance, the grant is recognised once the charity becomes unconditionally entitled to the grant.**

g) Operating leases
Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

h) Expenditure
All expenditure is accounted for on an accruals basis when the liability is incurred and has been classified under headings that aggregate all costs related to that category, including all applicable VAT. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of resources.

- **Charitable activities include expenditure associated with the provisions of activities and services for beneficiaries and include both the direct costs and support costs relating to these activities.**
- **Governance costs include those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.**
- **Support costs include administrative functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita staff costs by the time spent and other costs by their usage.**

i) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the Accounts

For the Year ended 31st of March 2023

2. Net Movement in Funds

Net movement in fund for the year is stated after charging:

	2023 (£)	2022 (£)
Independent Examiner's Remuneration	1,440	1,440
Operating Lease Cost - Property	10,395	10,002

3. Donations & General Grants

	2023 (£)	2022 (£)
Donations from Parishes and Towns	4,754	24,975
Donations from Individuals and Organisations	43,146	81,585
Donations from Legacies	35,247	-
Other Trusts and Foundations	247,048	167,425
Total	**330,195**	**273,985**

4. Income to fund charitable activities

	2023 (£)	2022 (£)
South Oxfordshire District Council	6,139	18,475
Oxfordshire City Councillors	-	3,000
Total	**6,139**	**21,475**

4. Income to fund charitable activities (contd.)

Other Income	2023 (£)	2022 (£)
Contributions - Trips and Activities	-	651
Bank Interest Received	1,811	37
Other	-	100
Total	**1,811**	**788**

5. Employees

The average number of employees during the year was:

	2023	2022
Employees	8	6
Total	**8**	**6**

5. Employees (contd.)

Their total remuneration was:

	2023 (£)	2022 (£)
Wages and Salaries	206,618	145,086
Social Security Costs	11,304	23,630
Other Pension Costs	5,475	3,093
Total	**223,397**	**171,809**

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The pension cost represents contributions payable by the charity to the funds, which are recognised when they become payable.

Contributions payable by the charity amounted to £472 at 31st March 2023 (2022: £Nil). The total paid to Key Management Personnel was £46,411 (2022: £32,947) and there were no employees earning more than £60,000 in the year.

6. Analysis of expenditure

Charitable activities

	2023 (£)	2022 (£)
Staff Wages and Salaries	223,397	171,809
Staff training and books	148	3,097
Cost of outings and events	49,257	38,623
Premises expenses and insurance	20,706	12,596
Telephone and postage	964	3,042
Advertising and publicity	6,370	4,566
Bank charges	72	95
Recruitment costs	1,337	2,193
Depreciation	2,681	1,840
IT and equipment	7,453	8,765
Other costs	105	1,860
Governance costs	1,680	2,449
Accountancy and other professional costs	3,213	-
Total	**317,383**	**250,935**

7. Tangible fixed assets

	Equipment (£)	Total (£)
Cost		
At 1st April 2022	15,508	15,508
Additions	-	-
As at 31st March 2023	15,508	15,508
Depreciation		
As at 1st April 2022	7,070	7,070
Charge for Year	2,681	2,681
As at 31st March 2023	9,751	9,751
Net book value		
As at 31st March 2023	5,757	5,757
As at 31st March 2022	8,438	8,438

All assets are held for charitable purposes.

8. Debtors due within one year

	2023 (£)	2022 (£)
Other Debtors	485	485
Total	**485**	**485**

9. Creditors: Amounts falling due within one year

	2023 (£)	2022 (£)
Due to Guideposts Trust Limited	36,340	41,340
Accruals	7,252	1,440
Total	**43,592**	**42,780**

10. Leasing commitments

Total commitments due under operating leases for premises used by the Charity are as follows:

	2023 (£) Land and Buildings	2022 (£) Land and Buildings
Operating Lease	3,839	3,187
	3,839	3,187

11. Movements on restrictive funds

Current year

	Balance 1st April 2022 (£)	Income (£)	Expenditure (£)	Transfers (£)	Balance 31 March 2023 (£)
Step Change	-	35,000	(35,000)	-	-
Didcot Support Services	10,000	-	(10,000)	-	-
Didcot Powerhouse	-	12,000	(12,000)	-	-
The National Lottery	-	82,000	(75,000)	-	7,000
Didcot and Wallingford Rotary	-	500	(500)	-	-
Oxford City Council	-	750	(750)	-	-
The National Lottery 2	-	10,000	(3,328)	-	6,672
The Big Give	9,055	-	(9,055)	-	-
UK Youth	-	5,000	(3,000)	-	2,000
Masonic	-	5,000	(4,168)	-	832
1-2-1 Emotional Support	4,320	-	(4,320)	-	-
Abingdon Young Carers	10,000	-	(10,000)	-	-
Respite Activities	5,000	-	(5,000)	-	-
Total	**38,375**	**150,250**	**(172,121)**	**-**	**16,504**

- **£35,000 from Step Change is to be spent on two youth workers' salaries and young carer activities in Oxford.**
- **£12,000 from Didcot Powerhouse provides funds for befriending service and assembly video for the Didcot Garden Town area**
- **£82,000 from the National Lottery is to fund three youth workers' part salaries**
- **Further £10,000 from the National Lottery is to fund a counsellor salary**
- **£500 from Didcot and Wallingford Rotary is for young carer activities in the Vale and South region.**
- **£750 from Oxford City Council supports young carer activities in Oxford City**
- **£5,000 from UK Youth represents funding for laptops for young carers**
- **£5,000 from Masons is to support specified young carer activities.**

12. Movements on designated funds

	Balance 1st April 2022 (£)	Income (£)	Expenditure (£)	Transfers (£)	Balance 31 March 2023 (£)
Guideposts Trust Fund	45,000	-	-	(8,660)	36,340
Contingency Fund	55,000	-	-	-	55,000
Total	**100,000**	**-**	**-**	**(8,660)**	**91,340**

The Guideposts Trust fund is designated to cover the loan payments. The Contingency fund is to enable an orderly winding up if the charity needs to close.

13. Analysis of net assets between funds

Current year

	Tangible Fixed Assets (£)	Net Current Assets (£)	2023 Total Assets (£)
Restricted Funds			
Didcot Support Services	-	-	-
The National Lottery	-	7,000	7,000
The National Lottery 2	-	6,672	6,672
UK Youth	-	2,000	2,000
Respite Activities	-	-	-
Abingdon Young Carers	-	-	-
1-2-1 Emotional Support	-	-	-
The Big Give	-	-	-
Masonic	-	832	832
Unrestricted Funds	5,757	183,337	189,094
Total	**5,757**	**199,841**	**205,598**

Previous year

	Tangible Fixed Assets (£)	Net Current Assets (£)	2023 Total Assets (£)
Restricted Funds			
Respite Activities	-	5,000	5,000
Abingdon Young Carers	-	10,000	10,000
1-2-1 Emotional Support	-	4,320	4,320
The Big Give	-	9,055	9,055
Didcot Support Services	-	10,000	10,000
Unrestricted Funds	8,438	138,023	146,461
Total	**8,438**	**176,398**	**184,836**

14. Trustee remuneration and related pay transactions

No Trustee received any remuneration during the year (2022: £NIL) and reimbursed expenses (2022: £NIL).

No Trustee of the Charity has any personal interest in any contract or transaction entered into by the Charity during the year (2022: £NIL).

In February 2014 the Charity entered into an agreement with Guideposts Trust, a registered charity and whose objects were compatible with that of the Charity. The agreement enabled Guideposts to support the Charity to continue providing young carers with the vital support, advice and other services to improve the quality of their lives. A member of the Guideposts Senior Management Team is able to sit on the board of Trustees of the Charity. Guideposts has previously provided financial support to the Charity; an inter-company loan of £36,340 represents financial support provided at the balance sheet date. An annual repayment is made by the Charity subject to it generating sufficient surpluses to do so.

BE FREE YC

Be Free Young Carers
Harwell Innovation Centre
173 Curie Avenue
Didcot
Oxfordshire
OX11 0QG

www.befreeyc.org.uk

Charitable Non Profit Organisation
No: 1042708

Company No: 2989722

Registered with FUNDRAISING REGULATOR

BE FREE YOUNG CARERS LTD

England & Wales - Charity number 1042708

Accounts

BE FREE YC

Supporting Young Carers in Oxfordshire

Company Number: 2989722

Charity Number: 1042708

Trustees' Report and Unaudited Accounts for

the year ended

31st March 2022

Be Free Young Carers
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Be Free Young Carers

Reference and administrative information

31st March 2022

Charity number	1042708
Company number	2989722
Address	Harwell Innovation Centre 173 Curie Avenue Didcot Oxford OX11 OQG
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
Independent examiners	UHY Ross Brooke Suite I, Windrush Court Abingdon Business Park Abingdon OX14 1SY
Company Secretary	J Tabor – Resigned 31 January 2022 S North – Appointed 1 February 2022
Trustees	R Browne A Horner K Hughes – Resigned June 2021 L Legge L Light L Pritchard A Thomson R Payne K Pearmain E Paris D Wells – Appointed June 2021

Be Free Young Carers

Trustees' Report for the year ended 31st March 2022

The Trustees present their report with the unaudited accounts for the year to 31st March 2022.

Reference and Administrative Detail

Be Free Young Carers is a company limited by guarantee, incorporated in England & Wales and a registered charity.

The Trustees who are also Directors for the purposes of the Companies Act 2006, have pleasure in presenting their report and the unaudited financial statements of the Charity for the year ended 31 March 2022.

Structure, Governance and Management

Organisation

The Charity which during the year employed 7 people is led by a well-established, effective Board of Trustees, recruited for their complementary knowledge, skills and experience.

The Board of Trustees now meets four times a year and for the AGM. Three sub committees of the Main Board have been established to support the CEO with the day to day running of the charity. They are Quality and Performance, Fundraising and Partnerships, and Finance and Administration. Each has a Terms of reference, meets in advance of quarterly Trustee meetings, providing oversight and reporting on key activities.

Members of the board of Trustees, who are Directors for the purpose of company law and Trustees for the purpose of charity law, who served during the year and up to the date of approval of this report, are listed below:

Lesley Legge – Chair (Resigned June 2021, remained a Trustee)

David Wells – Chair (From June 2021)

Roy Clifford Browne

Angus Horner

Katherine Hughes (Resigned June 2021)

Loretta Light

Elizabeth Paris (From February 2021)

Rose Payne (From 25 November 2020)

Kate Pearmain (From 25 November 2020)

Lucy Pritchard

Alison Thomson

The trustees (who are also directors of Be Free Young Carers for the purposes of company law) are responsible for preparing the trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP (Statement of Recommended Practice)
- Make judgements and accounting estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in operation Be Free Young Carers (A charitable company limited by guarantee).

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy, at any time, the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Trustee Induction

A prospective Trustee is usually known to one or more of the current board members or responded to an advert, and is invited to join the board based on their background and experience. After meeting all the Trustees their election is put to the vote at a Trustees meeting.

All new Trustees undergo an induction programme that includes all the necessary written information on the role and responsibilities of a Trustee and an understanding of the Charity's work and mission. Experiencing the Charity's work has been more difficult to arrange during the pandemic however, some normality will return post-pandemic. All trustees undergo generalised safeguarding training and are fully DBS checked.

Objectives and Activities for the Public Benefit

The Charity's purposes as set out in the objects contained in the company's Memorandum of Association are to:

a) Alleviate the conditions of life among people who are caring or who have cared for elderly, sick, disabled, handicapped or otherwise infirm persons at home and who are in necessitous circumstances;

b) To promote the material welfare of such carers, to relieve and alleviate and to advance, promote, encourage and assist in the relief or alleviation of all kinds of mental and physical infirmity, sickness, disablement or handicap including mental illness attributable to caring among carers and the persons for whom they are caring in South Oxfordshire and the Vale of White horse and the surrounding areas;

c) To advance the education of the public about the part that carers and caring can play generally.

The aims of the Charity are to enable carers to better manage their caring role through advice, information and support and to identify and raise the profile of carers and caring. Our aims fully reflect the purposes that the Charity was set up to further.

Fundraising

We work in an ethical way in accordance with our fundraising regulator. We are registered with the Fundraising Regulator and all our staff have a responsibility to maintain best practice in fundraising. We have received no complaints regarding fundraising. We have taken on a part time fundraiser to concentrate and grow our awareness and presence in the community.

Finance

The Charity had a surplus of £184,836 for year end March 31st 2022 against a surplus of £139,523 in 2021 Income was received from Grants, Trusts, and Donations. Total Income for the year was £296,248 (2021: £303,366). Total expenditure for the year was £250,935 (2021: £167,806).

The Board of Trustees has designated a reserve of £55,000 to pay liabilities, complete and close work with current clients in the event of the organisation having to close. A separate designated reserve of £45,000 is to cover the cost of the balance of the loan from Guideposts. We have £38,375 in restricted funds, with the remaining £146,461 as Free Reserves which satisfies the requirements of the policy.

Chair of Trustees Statement

Young carers are at the heart of everything Be Free Young Carers does. We are the only charity that specifically supports young carers in Oxfordshire. There are a number of great children's and youth organisations that support similar age groups; however, we remain the sole charity that serves young carers. We are passionate about supporting young carers and their families in Oxfordshire. Our staff, trustees and volunteers are all induced to our visions and values, and we encourage a culture of innovation, care and support of young carers. Our mission remains to be an outstanding team, learning, innovating, and expanding to support Young Carers in Oxfordshire.

The pandemic saw our young carers face a hugely challenging time, with care hours increase at home, home schooling and the fear of passing on the virus to the person they are caring for. This saw a huge increase in referrals, us adapting our services to suit the needs of young carers at the time, while also dealing with the increase in low mental health that our young carers were facing. Being an independent charity, we were able to offer a hybrid option of our services to young carers, moving some activities online and face to face when government guidelines allowed. This showed huge innovation and dedication from our team, who were also having to adjust to the pandemic.

Be Free YC offers the following services to young carers: respite activities (8-12 years old), 13+ Youth Hangouts, 121 Emotional Support, bespoke Befriending service, first aid, nutrition and cookery classes. We also continued to offer laptops to any young carer that needed these for school. We launched our Mindfulness Movement programme, which acts as a preventative measure for children's and young people's wellbeing.

Review of Activities and Achievements in the Year

Supporting Young Carers Across Southern Oxfordshire

2021-2022 saw a new normal evolve. At Be Free YC we still had staff working from home in March but towards the end of 2021 our staff begun to cautiously return to the office. This reflected our approach to respite activities, these mainly happened outside or within Covid secured places. We were able to adapt our activities to reflect the Covid rates and our young carers families concerns about spreading the virus remained for 2021. We were looking to hold our annual Christmas Party in person, however due to a spike in covid cases in December we moved this once again to online.

As in the previous year, we were able to adapt our services for young carers to reflect the Covid landscape at the time. We continued engaging our corporate partners and supplying our young carers with laptops. The result of our previous laptop campaign saw us pledge to give every young carer starting secondary school a laptop.

The past two years has seen the effect of the pandemic take its toll on our young carers. We saw an increase in caring time, decrease in school attendance and a huge upsurge in mental health concerns amongst our young carers. With local mental health services already strained with the weight of referrals for young people's mental health, we increased our provision of 121 emotional support, liaising with a counsellor who would visit our young carers in their school environment. We also increased our mental health provision supplied by our Support Workers, increased our mental health tool kits for our most vulnerable young carers.

Our response to young carers mental health crisis also saw us address this area with a preventative measure. Introducing our Mindfulness Movement, to teach young carers, stress relief, mindfulness breathing, taught by a qualified yoga instructor. These were available online and in person, to fit the needs of young carers.

Our bespoke befriending service grew, as people's appetite for 'wanting to help' increased. We were able to train and induce new befrienders to be matched with our most vulnerable and in need young carers. They offer them weekly respite and the opportunity to have a trusted adult to talk to. Alongside this, we began recruiting a volunteer pool to help on our activity days and with community fundraising events.

2021 saw us launch our 13+ group for our teenage young carers. This age group had been difficult to engage with and often didn't join in on our activities. We knew they needed the respite and support, so divided our services into two age categories: 8-12 year olds who have the respite activity programme and 13+. Our 13+ group meet monthly, they plan what they want their activities to be, they share ideas and engage with their peers and our Support Workers. This service is user led and are in the process of forming our Youth Panel, that will have a say in what BFYC looks like and does in the years to come.

We were able to hold a full range of activities for our young carers, throughout the summer holidays, it was only as Covid rates increased in the winter months, that we had to look at moving things back online. However, the resilience of both our staff and young carers, shone through last year and we were fully prepared to adapt in these uncertain Covid times.

We were honoured to have been chosen by the High Sheriff of Oxfordshire for our team's efforts throughout the pandemic. Our team went to Oxford County Hall to receive this award. We were also able to nominate three of our supporters, Emma Horwill, Chris Byrnes and a young carer in the Didcot Town Mayor awards, in recognition of their support for our charity. It meant we were able to show the community the importance of working with us and reward our supporters by recognising how they went above and beyond for young carers. We were also recognised in the National Thames Valley Charity of the year awards.

Our increased social media presence has seen us engage with corporate partnerships and local businesses. We were honoured to be supported by SOPHOs last year as their Charity of the Year, they also assisted us by supplying us with donated office furniture. With us returning to the office and increasing our workforce, we moved to the ground floor in Harwell Innovation Centre, the space we have now allows us to work collaboratively together and build a culture that fits our ethos and values.

In January, after a long tenure, we said goodbye and thank you to our Director, John Tabor. Sabiene North was appointed as the new CEO after a competitive and rigorous recruitment process. We also welcomed our new fundraiser, Mandy, to the role in January.

We have seen an increase in community support with subscription to our monthly newsletter increasing. In February we were delighted to work alongside Oxford Playhouse and Deafinately Theatre on the production 'Getting there', which highlighted the plight of young carers in schools. We were able to take this around local schools to show to secondary school children. We came second in Oxford Bus Company 'Brand the Bus' competition, which will see our logo and services on the back of one of their buses in Oxford.

We continued our laptop campaign so that every rising year 7, starting secondary school started with a laptop if they didn't have one. The pandemic has highlighted that digital poverty is rife amongst our young carers and we now work with local organisations to make sure that they are on the same level playing field as their peers.

Our community fundraising took off with our biggest team entering the Oxford Half marathon, they were joined by our Trustee, Rose and Payne and CEO Sabiene North to raise funds for Be Free YC. This also saw our Harwell Half marathon return and we had a strong team of runners and walkers enter the Virtual London Marathon in October.

Young Carers Action Day in March saw a wide range of celebrities send out supportive messages to our young carers. We have also developed three key ambassadors from the community who support us by offering free meals to young carers monthly, yoga and wellbeing workshops and a celebrity that uses his platform to advocate us as a charity.

We continue to engage the public and wider community to support us fundraising and have been working with schools to increase awareness days and fundraising events.

We continue to look for ways to support Oxfordshire's young carers though innovative ways. The past two years has taught us that, like our young carers, we are resilient as a team and are able to adapt to changes quickly and effectively. Demand for our service is at its highest level, with increased enquiries and mental health concerns of our young carers. These are coming from inside and outside our current area and also we are seeing younger ages than 8 years old wanting help and support. We have begun our five-year business plan to extend our operational area in a phased way, still aiming to become countywide by 2026. In order to achieve this, we still need support from funders, corporates, schools and the government, to make sure we are all working together to give the young carers of Oxfordshire the help and support that they need at a critical time in their lives.

Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presumethat the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
The Trustees consider that the accounts for the year ended 31 March 2022 should be prepared on a going concern basis as there are no material uncertainties about it using this basis.

This report was approved by the Trustees on ..21/9/22.....

On Behalf of the Trustees of Be Free Young Carers



D Wells
Chair of Trustees

Be Free Young Carers

Independent Examiner's Report to the Trustees of Be Free Young Carers

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2022 which are set out on pages 11 to 20.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

12/9/ **2022**

Be Free Young Carers

Statement of Financial Activities (including income and expenditure)
for the year ended 31st March 2022

	Note	2022 Unrestricted General	2022 Unrestricted Designated	2022 Restricted	2022 Funds	2021 Funds
		Total	Total	Total	Total	Total
Income From:		£	£	£		£
Donations and general grants	3	102,785	-	171,200	273,985	268,267
Charitable Activities	4	21,475	-	-	21,475	27,974
Other income	4	788	-	-	788	7,125
Total		125,048	-	171,200	296,248	303,366
Expenditure on:						
Charitable activities	6	118,110	-	132,825	250,935	167,806
Total		118,110	-	132,825	250,935	167,806
Net movement in funds		6,938	-	38,375	45,313	135,560
Transfers between funds		(100,000)	100,000	-	-	
Total funds brought forward		139,523	-	-	139,523	3,963
Total funds carried forward		46,461	100,000	38,375	184,836	139,523

The notes on pages 13 to 20 form part of these accounts.

Be Free Young Carers
Balance Sheet
as at 31st March 2022

Company Number: 2989722

	Note	2022	2021
		£	£
Fixed Assets			
Tangible Assets	7	8,438	2,554
Current Assets			
Debtors	8	485	2,087
Cash at bank and in hand		218,693	182,542
		219,178	184,629
Creditors: Amounts falling due within one year	9	(42,780)	(47,660)
Net Current Assets		176,398	136,969
Net Assets	13	184,836	139,523
Funds			
Restricted Funds	11	38,375	-
Unrestricted Funds			
- General Funds		46,461	139,523
- Designated Funds	12	100,000	-
Total of Charity's funds		184,836	139,523

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I. For the year ended 31 March 2022 the charity was entitled to the exemption under Section 477 of the Companies Act 2006;

II. No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and III. The trustees acknowledge their responsibilities for:

a. ensuring the company keeps accounting records which comply with Section 386 and

b. preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on 7/9/22

D Wells
(Director and Trustee)

The notes on pages 13 to 20 form part of these accounts.

Be Free Young Carers

Notes to the Accounts

for the year ended 31st March 2022

1. Accounting policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the Charity's accounts:

a) Basis of Accounting

The accounts are prepared under the historical cost convention, and in compliance with applicable accounting standards, Statement of Recommended Practice Accounting and reporting by Charities in accordance with Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland(FRS 102) effective from 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The entity constitutes a public benefit entity as defined by FRS 102.

Following agreement at an Extraordinary Meeting on 21 February 2014 the Charity entered into a Constitutional and Service Level Agreement with Guideposts Trust which enables the charity to share the resources of Guideposts Trust. Additionally, Guideposts Trust has provided financial support to enable the charity to maintain services whilst a long term strategic plan to develop and grow sustainable services to carers in the region for both organisations was researched and developed. To date Guideposts Trust has outstanding financial support totalling £41,340 to the Charity by way of an intercompany loan, repayment of which will not be requested until the Charity generates the surpluses to do so.

On the back of commissioning changes in the County which has left the charity the only provider of Young Carers respite services in Oxfordshire against growing need, the charity is seeing interest from potential funders to support expansion of their support and wider awareness of the charity's work and impact. The Trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

b) Company Status

The company is limited by guarantee with no share capital and is a registered charity. The liability of each member in the event of a winding up of the company is limited to £10. The members of the company are the Trustees as named in the Trustees Report on page 4.

c) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rates which reflect the anticipated useful lives of the assets and their estimated residual value.

Computer Equipment	25% straight line

d) Fund Accounting

General funds are expendable at the discretion of the Trustees in the furtherance of the objectives of the charity and for the overall administration of the charity.

Restricted funds are those upon which restrictions and specific criteria for their use are imposed by the donor. The costs of raising and administering such funds are charged against the specific fund.

e) Pension Costs

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions by the Charity to the funds, which are recognised when they become payable.

1. **Accounting policies (continued)**

f) Income

All income & endowments are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy and receipt is probable. The following specific policies are applied to particular categories of income:

- Donations and general grants are included in full in the Statement of Financial Activities when they are received by the charity.
- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- Investment income, including interest income is included when receivable.
- Income to fund charitable activity; where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Where the charity's entitlement is not conditional on the delivery of specific performance, the grant is recognised once the charity becomes unconditionally entitled to the grant.

g) Operating Leases

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

h) Expenditure

All expenditure is accounted for on an accruals basis when the liability is incurred and has been classified under headings that aggregate all costs related to that category, including all applicable VAT. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of resources.

- Charitable activities include expenditure associated with the provisions of activities and services for beneficiaries and include both the direct costs and support costs relating to these activities.
- Governance costs include those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.
- Support costs include administrative functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita staff costs by the time spent and other costs by their usage.

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Net Movement in Funds

Net Movement in Funds for the year is stated after charging:

	2022	2021
		£
Independent Examiner's Remuneration	1,440	1,320
Operating Lease Cost - property	10,002	8,440

3 Donations and General Grants

	2022	2021
	£	£
Donations from Parishes and Towns	24,975	25,985
Donations from individuals and organisations	81,585	102,018
Other Trusts and Foundations	167,425	140,264
	273,985	268,267

4 Income to Fund Charitable Activities

	2022	2021
	£	£
South Oxfordshire District Council	18,475	18,474
Oxfordshire County Councillors	3,000	9,500
	21,475	27,974
Other Income		
Contributions – trips and activities	651	503
Bank interest received	37	39
Other	100	6,583
	788	7,125

5 Employees

	2022 Number	2021 Number
The average number of employees during the year was:		
Employees	6	6
	6	6
Their total remuneration was:	£	£
Wages and salaries	145,086	111,876
Social security costs	23,630	5,265
Other pensions costs	3,093	3,752
	171,809	120,893

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents contributions payable by the charity to the funds, which are recognised when they become payable. Contributions payable by the charity amounted to £Nil at 31st March 2022 (2021: £Nil). The total paid to Key Management Personnel was £32,947 (2021: £27,193) and there were no employees earning more than £60,000 in the year.

6 Analysis of Expenditure

Charitable Activities

	2022 Total	2021 Total
	£	£
Staff Wages and Salaries	171,809	120,893
Staff Training and Books	3,097	1,228
Cost of Outings and Events	38,623	13,513
Premises Expenses and Insurance	12,596	9,991
Telephone and Postage	3,042	3,965
Advertising & Publicity	4,566	6,609
Bank Charges	95	69
Recruitment Costs	2,193	-
Depreciation	1,840	417
IT and Equipment	8,765	7,125
Other Costs	1,860	1,855
Governance Costs	2,449	2,141
	250,935	167,806

7 Tangible Fixed Assets

	Equipment	Total
	£	£
Cost		
At 1st April 2021	7,784	7,784
Additions	7,724	7,724
At 31st March 2022	15,508	15,508
Depreciation		
At 1st April 2021	5,230	5,230
Charge for year	1,840	1,840
At 31st March 2022	7,070	7,070
Net book value		
At 31st March 2022	8,438	8,438
At 31st March 2021	2,554	2,554

All assets are held for charitable purposes.

8 Debtors due within one year

	2022	2021
	£	£
Other debtors	485	2,087
	485	2,087

9 Creditors: Amounts falling due within one year

	2022	2021
	£	£
Due to Guideposts Trust Limited	41,340	46,340
Accruals	1,440	1,320
	42,780	47,660

10 Leasing commitments

Total commitments due under operating leases for premises used by the Charity are as follows:

	2022 £ Land and Buildings	2021 £ Land and Buildings
Operating lease	3,187	2,091
	3,187	2,091

11 Movements on Restricted Funds

Current year

	Balance 1 Apr 2021 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2022 £
Social Media and Befriending	-	3,900	3,900	-	-
Didcot Support Services	-	10,000	-	-	10,000
Laptops	-	7,500	7,500	-	-
YC Activities	-	3,600	3,600	-	-
Matched funds part of the big give	-	2,500	2,500	-	-
Henley Young Carers	-	1,000	1,000	-	-
Social Media	-	500	500	-	-
The Big Give	-	10,000	945	-	9,055
Getting There Project	-	5,700	5,700	-	-
Covid Summer Recovery	-	10,000	10,000	-	-
13+ Group	-	25,000	25,000	-	-
Young Carers in Didcot	-	5,000	5,000	-	-
121 Emotional Support	-	10,500	6,180	-	4,320
Core Costs	-	20,000	20,000	-	-
Wantage Young Carers	-	6,000	6,000	-	-
Covid Fund	-	35,000	35,000	-	-
Abingdon Young Carers	-	10,000	-	-	10,000
Respite Activities	-	5,000	-	-	5,000
	-	171,200	132,825	-	38,375

£5000 from The Grocers fund is to be spent on respite activities for young carers.
£10,000 from Abingdon Town Council is to support our services for young carers in Abingdon.
£4320 from SOHPOS is to support 121 emotional support.
£9055 from The Big Give is fund our activity programme.
£10,000 from Didcot Town Council is to support our services for young carers in Didcot.

12 Movements on Designated Funds

Current year

	Balance 1 Apr 2021 £	Income £	Expenditure £	Transfers £	Balance 31 Mar 2022 £
Guideposts Trust Fund	-	-	-	45,000	45,000
Contingency Fund	-	-	-	55,000	55,000
	-	-	-	100,000	100,000

The Guideposts Trust fund is designated to cover the loan payments. The Contingency fund is to enable an orderly winding up if the charity needed to close.

13 Analysis of Net Assets between Funds

Current year

	Tangible Fixed Assets £	Net Current Assets £	2022 Total Assets £
Restricted Funds	-		
Respite Activities		5,000	5,000
Abingdon Young Carers		10,000	10,000
121 Emotional Support		4,320	4,320
The Big Give		9,055	9,055
Didcot Support Services		10,000	10,000
Unrestricted Funds	8,438	138,023	146,461
	8,438	176,398	184,836

Previous year

	Tangible Fixed Assets £	Net Current Assets £	2021 Total Assets £
Restricted Funds	-	-	-
Unrestricted Funds	2,554	136,969	139,523
	2,554	136,969	139,523

14 Trustee Remuneration and Related Party Transactions

No Trustee received any remuneration during the year (2021: £NIL) and reimbursed expenses(2021: £NIL).

No Trustee of the Charity has any personal interest in any contract or transaction entered into by the Charity during the year (2021: £NIL).

In February 2014 the Charity entered into an agreement with Guideposts Trust, a registered charity and whose objects were compatible with that of the Charity. The agreement enabled Guideposts to support the Charity to continue providing young carers with the vital support, advice and other services to improve the quality of their lives. A member of the Guideposts Senior Management Team is able to sit on the board of Trustees of the Charity. Guideposts has previously provided financial support to the Charity; an inter-company loan of £41,340 represents financial support provided at the balance sheet date. An annual repayment is made by the Charity subject to it generating sufficient surpluses to do so.

BE FREE YOUNG CARERS LTD

England & Wales - Charity number 1042708

Accounts

BE FREE YC

Supporting Young Carers in Oxfordshire

Company Number: 2989722

Charity Number: 1042708

Trustees' Report and Unaudited Accounts for

the year ended

31st March 2021

Be Free Young Carers
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Be Free Young Carers
Reference and administrative information
31 March 2021

Charity number	1042708
Company number	2989722
Address	Harwell Innovation Centre 173 Curie Avenue Didcot Oxford OX11 OQG
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
Independent examiners	UHY Ross Brooke Suite I, Windrush Court Abingdon Business Park Abingdon OX14 1SY
Company Secretary	J Tabor
Trustees	R Browne A Horner K Hughes L Legge L Light L Pritchard A Thomson R Payne K Pearmain E Paris

Be Free Young Carers

Trustees' Report for the year ended 31st March 2021

The Trustees present their report with the unaudited accounts for the year to 31st March 2021.

Reference and Administrative Detail

Be Free Young Carers is a company limited by guarantee, incorporated in England & Wales and a registered charity.

The Trustees who are also Directors for the purposes of the Companies Act 2006, have pleasure in presenting their report and the unaudited financial statements of the Charity for the year ended 31 March 2021.

Structure, Governance and Management

Organisation

The Charity which during the year employed 5 people is led by a well-established, effective Board of Trustees, recruited for their complimentary knowledge, skills and experience. The Board also form the Management Committee, which supports the Director with the day to day running of the charity and receives financial and other reports relating to the Charity's work. The Management Committee meets six times a year and for the AGM.

Trustees who have served the Charity during the period were as follows:

Lesley Legge - Chair

Roy Clifford Browne

John Cronly (Resigned 5 March 2021)

Robert Ely

Angus Horner

Katherine Hughes

Loretta Light

Elizabeth Paris (From 3 February 2021)

Rose Payne (From 25 November 2020)

Kate Pearmain (From 25 November 2020)

Lucy Pritchard

Alison Thomson

Matt Jones CEO of Guideposts, served as the Guideposts representative on the management committee andco-opted board member.

A prospective Trustee is usually known to one or more of the current board members and is invited to join the board based on their background and experience. After meeting all the Trustees their election is put to the vote at a Trustees meeting. All new Trustees undergo an induction programme that includes all the necessary written information on the role and responsibilities of a Trustee and an understanding of the Charity's work and mission. Experiencing the Charity's work has been more difficult to arrange during the pandemic however arrangements will be made once Government Guidelines allow to enable new Trustees to experience the Charity's work first hand.

Objectives and Activities for the Public Benefit

The Charity's purposes as set out in the objects contained in the company's Memorandum of Association areto:

a) Alleviate the conditions of life among people who are caring or who have cared for elderly, sick, disabled, handicapped or otherwise infirm persons at home and who are in necessitous circumstances;

b) To promote the material welfare of such carers, to relieve and alleviate and to advance, promote, encourage and assist in the relief or alleviation of all kinds of mental and physical infirmity, sickness, disablement or handicap including mental illness attributable to caring among carers and the persons for whom they are caring in South Oxfordshire and the Vale of White horse and the surrounding areas;

c) To advance the education of the public about the part that carers and caring can play generally.

The aims of the Charity are to enable carers to better manage their caring role through advice, information and support and to identify and raise the profile of carers and caring. Our aims fully reflect the purposes that the Charity was set up to further.

The Trustees confirm that they have complied with the Charity Commission's guidance on public benefit.

Reserves Policy

The Board of Trustees considers that a minimum cash reserve of £50,000 is sufficient to pay liabilities and complete and close work with current clients in the event of the organisation having to close. At the Balance Sheet Date cash balances totalled £182,542 and net assets, excluding the amount due to Guideposts Trust, were £185,863 which satisfies the requirements of the policy.

Policy for Disabled People

Be Free Young Carers operates an Equal Opportunities Policy. This policy is designed to respect employee's human rights, ensure equal opportunity and promote diversity. Employees are actively encouraged to undertake relevant training and to develop their careers. Be Free Young Carers is supportive of the employment and advancement of disabled people.

Review of Activities and Achievements in the Year

Supporting Young Carers Across Southern Oxfordshire - An Abnormal Year

With the onset of the first COVID-19 national lockdown in March 2020 Be Free Young Carers quickly responded to move all support services, activities and volunteer befriending online with staff working remotely.

Operating safely online within the 'new normal' required a review of our safeguarding policy and procedures, parental consents and volunteer training all of which was put in place without delay and remains under constant review.

Normally many young carers experience unsettling life changes such as seeing the effects of an illness or addiction on the person they care for. Some also cope with bereavement, family break-up, losing income or housing. The pressures of school and the social isolation experienced by many often leads to significant stress, increased mental anxiety affecting their ability to access vital social support and educational opportunities.

With the first COVID-19 lockdown we quickly realised that young carers, confined to their homes, would be under much greater stress and anxiety and found that many were taking on more caring responsibilities. The mental health of many was, and continues to be, a real concern, they clearly needed even more support during lockdowns. Accordingly, with our support services switched online and with revised safeguarding and social media policies and procedures in place we were able to offer young carers in Didcot and across Southern Oxfordshire:

- online volunteer lead befriending via Zoom and telephone;
- telephone contact with all families to ensure they could access food deliveries and to highlight those who were struggling mentally.
- food deliveries and regular contact with struggling families;
- online activities for young carers to undertake at home (creative arts, exercise, yoga);
- increased social media activity to engage families and young carers;
- collaboration with other charities and food banks to get food to shielding families;
- engaged local restaurants to share recipes for young carers;
- online drama programme involving young carers through a collaboration with the Oxford Playhouse;
- a new online Facebook closed group for 13+ young carers;
- our quarterly newsletter.

To bring some joy to young carers and their families, in August we arranged a picnic on the park event in Abbey Meadows and in Didcot to give young carers and their families an opportunity to talk to each other (whilst obeying social distancing!). Also during August we refreshed our website to provide more information on mental health issues and devised and circulated a toolkit to local schools to help them better identify and support young carers in-school, expecting that schools would see an increase in mental health issues in September.

Later in the Autumn, before the pre-Christmas lockdown, we were able to offer a limited number of trips at half term for smaller groups of young carers.

The stress and anxiety young carers normally feel has increased significantly during the lockdowns ... no school, no school lunches during the summer holidays, no socialising, no respite, confined at home with the person they help care for. Although young carers were able to attend school during the lockdowns, categorised as vulnerable, many chose not to, afraid of bringing the virus into their homes.

To relieve the stress and anxiety we have been regularly using Soul Shine facility in Abingdon for groups of up to 6 young carers with complex family situations affecting the young carers. Soul Shine provided a wonderfully calm atmosphere undertaking arts activities and yoga away from the stresses of home. Meeting other young carers in the groups has also had its benefits especially during the lockdowns. We plan to continue using Soul Shine.

Our usual Christmas social events and young carers' party had to be cancelled; however we were able to put on a very successful virtual Christmas Party attended by approximately 30 young carers. In addition, before Christmas, knowing the impact of another lockdown on the already fragile mental wellbeing of some young carers, we delivered 80+ mental health resource packs to young carers identified as most at risk.

Operating within Government Guidelines our wonderful team of volunteer befrienders continued to meet individually with young carers. These weekly 1 to 1 meetings proved to be a real lifeline for young carers, enabling them to have quality time away from the home to talk through their concerns whilst having some fun. Feedback has been hugely more positive and uplifting than we predicted with parents saying they can see the positive change in their children.

Home schooling in lockdowns highlighted the discrepancy between those who could access online learning and those who could not. Our contacts with local companies helped donate new and refurbished laptops to young carers who were without any source of connecting to online schooling; some families needed more than one laptop with siblings at different educational stages.

With the New Year lockdown in February we circulated our quarterly newsletter detailing the range of online activities offered for February half term, including a creative writing course with Fusion Arts and continuing with our drama project collaboration with Oxford Playhouse. We continued to contact families with young carers most at risk to ensure they received the support they need.

Operating throughout the pandemic has highlighted the need and demand for our service with increasing number of enquiries and referrals and many coming from outside our current operating area. Responding to this obvious need, Trustees have adopted a five year business plan to extend our operational area in a phased way with the ambition of becoming a countywide organisation by 2026.

Financial Review

In the year, voluntary income was £268,267 (2020: £123,995) and we are grateful to the many individuals, community groups, organisations and trusts, town and parish councils and businesses who have contributed to our work. Our income was £303,366 and costs £167,806.

In addition, it has received support from Guideposts Trust in the form of payroll and financial management. This support is provided under the terms of an agreement with Guideposts Trust, signed in February 2014, under which Guideposts Trust commits to support the Charity, during the implementation of a long term strategic plan to develop and grow sustainable services for young carers in the region. This plan, with a supporting 3-year business and income generation plan, was approved by the board of Trustees in February 2016 and revised and approved by Trustees in May 2017.

Key Management Personnel and their remuneration

Key Management Personnel is the General Manager and the Board of Trustees. Remuneration of the General Manager is set by the board of Trustees, benchmarked against sector averages and taking into account the requirements of the role, it is reviewed annually.

Plans for Future Periods

The main organisation and service issues for 2021/21 are considered to be:

- Fundraising
- Supporting young carers and their families during COVID-19 and beyond
- Recruitment of Trustees
- Recruitment of volunteers

Principal Risks and Uncertainties

The Charity's approach to risk management involves a regular review of the key risks faced by The Charity, the establishment of systems and procedures to address those potential risks and mitigate any impact on The Charity, if they materialise.

Risks that concern the long-term strategic objectives of The Charity and the actions taken to manage themare as follows:

Financial: the risks to The Charity's financial position, including internal and external factors that may havean affect.

What we do:

- An annual budget is reviewed and approved by Trustees, which forms the basis for financial monitoring for the year;
- Management accounts are reviewed at each Trustees meeting, supported by cash-flow forecasting;
- An annual external independent examination is undertaken;

Growth: the risk to The Charity's strategy for growth and development.

What we do:

- Researched and are currently implementing a rolling five year business development plan to fit in with the strategic direction for the organisation as agreed by the Trustees, including budgets which provide income generation targets;
- Have a purposeful income generation plan to diversify income streams, in the medium term so that The Charity is not dependent upon a single source of income;
- Ensure effective use of staffing and resources and management of risk to ensure young carers receive the best possible help and support and we deliver value for money;
- Support this by reporting of outcomes and sound market intelligence to enable us to align our activities to funders' priorities and ensure we develop and deliver responsive and effective support.

Personnel and Succession Planning: the risks around the recruitment and retention of appropriately skilledpeople and knowledge management;

What we do:

- Have Job Descriptions for all our roles which clearly set out the skills and talent we need, supportedby clear processes around recruitment, training and development and performance management;
- Have a system to ensure that all documentation is in place and knowledge is disseminated to avoidthe risk of all this being embedded in one person and to allow opportunities for learning.

Compliance: the risks associated with non-compliance of relevant legislation (for example Health and Safety,data protection, employment practices) and regulation (for example Charities Commission);

What we do:

- Underpin all aspects of organisational activity though our policies and procedures;
- Outcome monitor all activities and ensure all projects both consistently monitor performance and publicise findings to carers, key workers and other professionals and members of the public;
- Take account of the views of carers and other stakeholders via our comments and complaints policyand ensure it is widely published and accessible.

Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordancewith applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the Trustees to prepare financial statements for each financialyear, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presumethat the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracyat any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Trustees consider that the accounts for the year ended 31 March 2021 should be prepared on a going concern basis as there are no material uncertainties about it using this basis.

This report was approved by the Trustees on 16 June 2021

On Behalf of the Trustees of Be Free Young Carers

Lesley Legge

L Legge
Chair of Trustees

Independent Examiner's Report to the Trustees of Be Free Young Carers

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2021 which are set out on pages 11 to 18.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Webster FCA
UHY Ross Brooke
Windrush Court
Abingdon Business Park
Abingdon
OX14 1SY

23/6/ **2021**

Be Free Young Carers

Statement of Financial Activities
(including income and expenditure) for
the year ended 31st March 2021

	Note	2021 Unrestricted Total	2020 Unrestricted Total
Income From:		£	£
Donations and general grants	3	268,267	123,995
Charitable Activities	4	27,974	24,328
Other income	4	7,125	722
Total		303,366	149,045
Expenditure on:			
Charitable activities	6	167,806	148,715
Total		167,806	148,715
Net movement in funds		135,560	330
Total funds brought forward		3,963	3,633
Total funds carried forward		139,523	3,963

The notes on pages 13 to 18 form part of these accounts.

Be Free Young Carers
Balance Sheet
as at 31st March 2021

Company Number: 2989722

	Note	2021 Unrestricted £	2020 Unrestricted £
Fixed Assets			
Tangible Assets	7	2,554	143
Current Assets			
Debtors	8	2,087	2,087
Cash at bank and in hand		182,542	55,089
		184,629	57,176
Creditors: Amounts falling due within one year	9	(47,660)	(53,356)
Net Current Assets		136,969	3,820
Net Assets		139,523	3,963
Funds			
Unrestricted funds		139,523	3,963
Total of Charity's funds		139,523	3,963

These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I. For the year ended 31 March 2021 the charity was entitled to the exemption under Section 477 of the Companies Act 2006;

II. No notice from members requiring an audit, has been deposited under section 476 of the Companies Act 2006; and III. The trustees acknowledge their responsibilities for:

a. ensuring the company keeps accounting records which comply with Section 386 and

b. preparing the accounts which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its surplus or deficit for the financial period, in accordance with the requirements of Section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts were approved by the Board of Trustees on 16 June 2021

Lesley Legge

L Legge
(Director and Trustee)

The notes on pages 13 to 18 form part of these accounts.

Be Free Young Carers

Notes to the Accounts

for the year ended 31st March 2021

1. Accounting policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the Charity's accounts:

a) Basis of Accounting

The accounts are prepared under the historical cost convention, and in compliance with applicable accounting standards, Statement of Recommended Practice Accounting and reporting by Charities in accordance with Financial Reporting Standards applicable in the United Kingdom and Republic of Ireland(FRS 102) effective from 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011 and the Companies Act 2006. The entity constitutes a public benefit entity as defined by FRS 102.

Following agreement at an Extraordinary Meeting on 21 February 2014 the Charity entered into a Constitutional and Service Level Agreement with Guideposts Trust which enables the charity to share the resources of Guideposts Trust. Additionally Guideposts Trust has provided financial support to enable the charity to maintain services whilst a long term strategic plan to develop and grow sustainable services to carers in the region for both organisations was researched and developed. To date Guideposts Trust has outstanding financial support totalling £46,340 to the Charity by way of an intercompany loan, repayment of which will not be requested until The Charity generates the surpluses to do so.

On the back of commissioning changes in the County which has left the charity the only provider of Young Carers respite services in Oxfordshire against growing need, the charity is seeing interest from potential funders to support expansion of their support and wider awareness of the charity's work and impact. The Trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

b) Company Status

The company is limited by guarantee with no share capital and is a registered charity. The liability ofeach member in the event of a winding up of the company is limited to £10. The members of the company are the Trustees as named in the Trustees Report on page 4.

c) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost less depreciation. Depreciation is provided at rateswhich reflect the anticipated useful lives of the assets and their estimated residual value.

Computer Equipment	25% straight line

d) Fund Accounting

General funds are expendable at the discretion of the Trustees in the furtherance of the objectives of the charity and for the overall administration of the charity.

Restricted funds are those upon which restrictions and specific criteria for their use are imposed by the donor. The costs of raising and administering such funds are charged against the specific fund.

e) Pension Costs

The charity operates a defined contribution pension scheme for its employees. The assets of the schemeare held separately from those of the Charity in an independently administered fund. The pension cost represents contributions by the Charity to the funds, which are recognised when they become payable.

1. **Accounting policies (continued)**

f) Income

All income & endowments are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy and receipt is probable. The following specific policies are applied to particular categories of income:

- Donations and general grants are included in full in the Statement of Financial Activities whenthey are received by the charity.
- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts, including the bro-bono resources and support from Guideposts Senior Management Team related to the delivery of the charity's strategy and three-year business plan, fundraisingand back-office support.
- Investment income, including interest income is included when receivable.
- Income to fund charitable activity; where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Where the charity's entitlement is not conditional on the delivery of specific performance, the grant is recognised once the charity becomes unconditionally entitled to the grant.

g) Operating Leases

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

h) Expenditure

All expenditure is accounted for on an accruals basis when the liability is incurred and has been classified under headings that aggregate all costs related to that category, including all applicable VAT. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of resources.

- Charitable activities include expenditure associated with the provisions of activities and services for beneficiaries and include both the direct costs, support costs and governance costs relating to these activities.
- Governance costs include those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.
- Support costs include administrative functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floorareas, or per capita staff costs by the time spent and other costs by their usage.

i) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

j) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Net Movement in Funds

Net Movement in Funds for the year is stated after charging:

	2021	2020
		£
Independent Examiner's Remuneration	1,320	2,016
Operating Lease Cost - property	8,440	7,519

3 Donations and General Grants

	2021	2020
	£	£
Donations from Parishes and Towns	25,985	24,420
Donations from individuals and organisations	102,018	86,275
Other Trusts and Foundations	140,264	13,300
	268,267	123,995

4 Income to Fund Charitable Activities

	2021	2020
	£	£
South Oxfordshire District Council	18,474	19,597
Oxfordshire County Councillors	9,500	4,731
	27,974	24,328
Other Income		
Client contributions – trips and activities	503	635
Bank interest received	39	87
Other	6,583	-
	7,125	722

5 Employees

	2021 Number	2020 Number
The average number of employees during the year was:		
Direct charitable workers	5	4
Administration	1	1
	6	5

Their total remuneration was:	£	£
Wages and salaries	111,876	92,458
Social security costs	5,265	8,102
Other pensions costs	3,752	4,112
	120,893	104,673

The charity operates a defined contribution pension scheme for its employees. The assets of the schemeare held separately from those of the charity in an independently administered fund. The pension cost represents contributions payable by the charity to the funds, which are recognised when they become payable. Contributions payable by the charity amounted to £Nil at 31st March 2021 (2020: £Nil). The total paid to Key Management Personnel was £27,193 (2020: £26,645) and there were no employees earning more than £60,000 in the year.

6 Analysis of Expenditure

Charitable Activities

	2021 Total	2020 Total
	£	£
Staff Wages and Salaries	120,893	104,673
Staff Training and Books	1,228	942
Cost of Outings and Events	13,513	10,123
Premises Expenses and Insurance	9,991	9,625
Telephone and Postage	3,965	1,947
Advertising & Publicity	6,609	2,127
Bank Charges	69	88
Recruitment Costs	-	3,378
Depreciation	417	1,185
IT and Equipment	7,125	10,478
Other Costs	1,855	1,820
Governance Costs	2,141	2,329
	167,806	148,715

7 Tangible Fixed Assets

	Equipment	Total
	£	£
Cost		
At 1st April 2020	4,956	4,956
Additions	2,828	2,828
At 31st March 2021	7,784	7,784
Depreciation		
At 1st April 2020	4,813	4,813
Charge for year	417	417
At 31st March 2021	5,230	5,230
Net book value		
At 31st March 2021	2,554	2,554
At 31st March 2020	143	143

All assets are held for charitable purposes.

8 Debtors due within one year

	2021	2020
	£	£
Other debtors	2,087	2,087
	2,087	2,087

9 Creditors: Amounts falling due within one year

	2021	2020
	£	£
Due to Guideposts Trust Limited	46,340	51,340
Accruals	1,320	2,016
	47,660	53,356

10 Leasing commitments

Total commitments due under operating leases for premises used by the Charity were as follows:

	2021	2020
	£	£
	Land and Buildings	Land and Buildings
Operating lease which expire:		
Within one year	8,440	7,519
	8,440	7,519

11 Trustee Remuneration and Related Party Transactions

No Trustee received any remuneration during the year (2020: £NIL) and reimbursed expenses(2020: £NIL).

No Trustee of the Charity has any personal interest in any contract or transaction entered into by the Charity during the year (2020: £NIL).

In February 2014 the Charity entered into an agreement with Guideposts Trust, a registered charity and whose objects were compatible with that of the Charity. The agreement enabled Guideposts to support the Charity to continue providing young carers with the vital support, advice and other services to improve the quality of their lives. A member of the Guideposts Senior Management Team is able to sit on the board of Trustees of the Charity. Guideposts has previously provided financial support to the Charity; an inter-company loan of £46,340 represents financial support provided at the balance sheet date. An annual repayment is made by the Charity subject to it generating sufficient surpluses to do so.