BE FREE YOUNG CARERS





Parent/Guardian Drop-In Information Session

RAF Benson Primary School
Wednesday 4th November 2026 · 3pm

No booking required – just turn up!

Be Free Young Carers are an Oxfordshire-based charity supporting young carers aged 8–17 years old.

A young carer is someone who might take on extra responsibilities in the home to support a loved one who may have an illness, disability, mental health need, neurodiversity, addiction or other challenges.

Being part of a military family also brings unique challenges to these young people and their families.

We are launching support specifically for the military community and welcome you to come along for an informal drop-in to find out more about how we might be able to help you. You also might not be sure if your young person is a young carer and we are happy to talk this through with you.

Coffee, cake and chat!