

Why we do it

Here at Breakfree we are proud of the organisation we have built up. We created Breakfree for one reason only, to support the young carers of South Wales.

What children really need are:

- Days out
- Time to be children
- Time to be heard
- A break from their home roles
- A safe place to go when a place is needed

And we are proud to offer this to the young carers of South Wales.

What else we do

- Fundraisers
- Short breaks away
- Family outing days
- Group bonding
- Families unite
- Plus much more, just visit our website for more information.

If you're a young carer and you think you'd like to join us, just freephone the number at the bottom of this advertisement. Or for more information you can visit our website, www.breakfree.org.uk

We want to hear from you!

JOIN IN!



Abigail Matthews

UWTSD

College Road

Carmarthen

SA31 3EP

Phone: 07778923459

Fax: 555-555-5555

Email: a.matthews97@hotmail.co.uk



**Supportive Respite for
Young Carers**



**Fun Filled
Activities**



Tel: 07778923459

Website: www.breakfree.org.uk

Who we are

We are an organisation who provide respite care for young carers in Wales. We are based all over South Wales and accept children from the ages of 8-18. Our service is provided with a person centered approach which means we tailor the service to every individual

What we do

- provide care for your dependent family member
- once every two weeks
- We will pick you (the young carer) up from your home and bring you to our local den.
- You will meet other young carers like you and have time to get to know each other. You will have the choice to stay in the den, or go out and do an activity.
- Service inclusive to all young carers in South Wales aged between 8-18

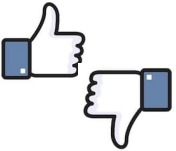
Activities!



How we make it special to you

Once you have settled into the den our friendly staff will create a form with you called a one-page-profile. This will just be a page that all about you, it will include:

- What you like and dislike
- Your hobbies
- What you don't like doing



From this one-page-profile we will think of a variety of activities that you can do with the rest of the young carers in your group.

Jessica Jones, age 12

"My names is Jessica and I've been a member of Breakfree for 2 years now. I love meeting up with the friends I've made in my group and making memories with people like me. My family love it too because they can see I am happy and it has made things a lot happier at home too. They know I am having time to be a child with people who understand my home life too."

