



Carers – *time for a break*

Please call us to book

01235 510 212

Tuesday to Thursday 10am – 4pm

Or leave us a message, or email us on carers@svcarers.org.uk
and we'll get back to you as quickly as we can

South & Vale Carers Centre

(South Oxfordshire & Vale White Horse)

5 Lydalls Road, Didcot, Oxon, OX11 7HX

Tel: 01235 510212 Email: carers@svcarers.org.uk



With thanks to all our funders, including: South Oxfordshire District Council and Vale of White Horse District Council

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Carers – *time for a break*

Supporting unpaid carers of all ages

Call 01235 510 212



You are a **carer** if ...

You are a carer if you provide unpaid help to a family member, friend or neighbour, to help them with everyday living, for example:

- You look after someone who is elderly, frail, or who has a long-term illness or disability
- You have a child with special needs
- You help a relative or friend who is about to be discharged from hospital
- You are a young person, caring for or helping to care for someone in your family, who has a long-term illness or is disabled

We support carers living anywhere in South Oxfordshire & Vale of White Horse District Council areas.

We can help you to **take a break!**

We take all the worry out of organising a short break for yourself. We organise regular trips and activities, intended to give you an enjoyable day out, as well as the chance to meet other people in a similar position and to make new friends.

We organise mini-bus or comfortable coach transport, with convenient pick-up points across South Oxfordshire & Vale of White Horse.

We can help you to arrange care for the person you care for, but unfortunately we can't help with paying for any care needed.

Young Carers' days out

For Young Carers, aged 8 to 18 years, we also organise trips out and fun activities to give you a break, and the chance to meet up with other Young Carers. There are two age groups for our activities: ages 8 to 12, and ages 13 to 17. Contact us for more details – just ask about Young Carers Trips. These trips and activities are usually free, but you may need to bring some spending money or refreshments.

How much does it cost?

For adult carers, we need to make a modest charge for the trips and activities to cover the costs of transport, administration, and staff to accompany the trip on the day. This is usually around £15 to £20, depending on where we're going and how many people want to come. If we go to the Theatre, a Garden, or a Country House, then entry fees are payable as well. You will also need to pay for your own refreshments.

For our current programme & booking information

We try to arrange our programme about 3 months in advance, so please just contact us by phone or email, and we will send you a copy of the programme and the booking arrangements. We need to confirm numbers to the coach provider two weeks in advance of the trip.

Convenient pick-up points across South Oxfordshire & The Vale

Abingdon, Didcot, Wallingford, Wantage,

Call 01235 510 212

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