

These findings from the ***Your Life, Your Care 2023–24*** and ***Your Life Beyond Care 2023–24 surveys*** reflect the voices of children in care and care-experienced young people in Cambridgeshire. They highlight both strengths and challenges in care experiences, offering valuable insights into how care environments impact emotional well-being and mental health.



**44%** of children aged 8–11 in care report being afraid to attend school due to bullying. This is significantly higher than in other local authorities.

---



**1 in 5** young people feel embarrassed by adults' actions related to their care status.

---



**60%** of care leavers feel their accommodation is unsuitable or unsafe.

---



Care leavers report **lower access to internet and smartphones** compared to their peers.

---



**30%** of care leavers report low overall well-being, with elevated anxiety, loneliness, and financial insecurity.