

Here are some ideas of what carers have recently chosen to spend their Short Break grant on:

- SRT More4Life membership
- Travel costs for a holiday
- Overnight stay
- Self-catering break
- Reflexology
- Massage sessions
- Counselling sessions
- Trip to the hairdresser
- Manicure/pedicure
- Meal out
- Cinema pass
- Arts and crafts
- Jigsaws
- Baking ingredients and equipment
- Gardening items, compost and plants
- Horse riding lessons
- Gym equipment
- Wool for knitting or crochet
- Fabric for quilting
- Books/magazines
- Driving lessons
- Bike
- Scooter
- Trampoline
- Camera

Tel: 01595 743980

Email: carers@shetland.org

Website: www.shetlandcarers.org



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Shetland Carers
Market House, 14 Market Street,
Lerwick, Shetland

**Are you looking
after someone?**

**Short Break grants
for carers**

Short
breaks fund

 **Shetland
Charitable Trust**

Time
FOR
a
break



Are You Looking After Someone?

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months and years.

Although rewarding, looking after someone can affect your physical and emotional wellbeing and impact on you financially and socially.

A carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without that person's help.

Short Breaks for Carers

Shetland Carers have been fortunate enough to secure funding from both Shared Care Scotland and Shetland Charitable Trust. This will allow us to offer carers in Shetland the chance to benefit from a short break from their caring role.

"We see first hand the impact that caring can have and how important it is for carers to receive support and valuable time out for themselves. This could be a trip to see family and friends on the mainland or time to take part in a hobby or relaxation session – anything that awards the carer a break from their caring responsibilities.

We hope this break makes carers feel better supported to sustain their caring role."
Shetland Carers Team

Making Your Request is Easy

1. You can apply online by visiting www.shetlandcarers.org/support/breaks/short or you can call Amanda Brown at Shetland Carers to obtain a paper version of the application form if you prefer. Tel: 01595 743923.
2. This will then register you with our service so that we can record you as a carer and send you any new carer information.
3. Once we have received your completed application it will be assessed at our next grant allocation meeting and if you meet our eligibility criteria we will either transfer money into your bank account or send out a cheque to you - whichever you prefer.

After Your Short Break

1. As part of the conditions for the grant you will need to send us receipts for your Short Break.
2. We also require that you fill in an evaluation form telling us about your Short Break. This helps us to monitor the success and take-up of the project and make improvements where necessary.