



INFORMATION SHEET 3

CARERS BREAKS

WHAT IS THE CARERS BREAKS FUND?

Carers often have very little time for themselves due to their caring role. It is important for us all to have a break, to relax and spend time doing the things we enjoy. The purpose of the 'Carers Breaks Fund' is to give carers some quality time doing something they enjoy. This could be an evening at the theatre or cinema, taking up a hobby, going on a holiday or even driving lessons! The fund is very flexible and can be used for virtually anything as long as it gives you a break from caring or your day-to-day caring situation.

The money is awarded to YOU so that you can spend time on yourself. It is not intended to be spent on the person you care for.

HOW MUCH CAN I APPLY FOR?

You can apply for any amount between £50 - £500 in any 12 month period. We suggest you apply for the money at least 12 weeks before you need it, and we will ask you to complete our very straightforward application form

WHO IS THE FUND FOR?

The fund is available to any adult that cares for somebody over the age of 18 who lives in the Stockport Borough.

HOW ARE GRANTS DECIDED?

Whilst all carers deserve some respite, our dilemma is often to decide who needs it most. The fund available is only a finite amount, to be shared amongst all applicants. We give preference to carers who have never used our service before and who would otherwise struggle to meet the costs on their own.

The application form looks at your caring situation and how it impacts on your own health, social life and relationships. This is why it is important to give us as much information as possible on the form.

WHO DECIDES?

We have a panel of people who meet on a regular basis to look at the application forms. Names and addresses are removed from the application forms first, so that they are all anonymous. The panel is made up of people from the Signpost Stockport Board of Trustees and workers from other voluntary / charitable organisations in Stockport.

WHAT IF I AM SUCCESSFUL?

We write to all successful applicants as soon as possible. We will ask for proof of expenditure before a cheque can be issued to you, and we would expect the funds to be used within 6 months wherever possible.

WHAT IF I AM UNSUCCESSFUL?

The fund is very popular and we receive numerous applications. Unfortunately, there are times when there are applicants who are unsuccessful, and on these occasions we will write to tell you. You can re-apply after a further 12 months have elapsed.

HOW DO I APPLY?

If you are thinking of applying for a grant from the fund, please contact our Carers Breaks team on 0161 483 6600. they will answer any questions you may have and will send out an application form to you.

Alternatively, you can email them on 'carersbreaks@tiscali.co.uk'