

**Carers of East Lothian**  
**The Breaks from Caring Fund 2018/19**  
**Guidance**

Carers of East Lothian has been awarded a grant from the Creative Breaks Fund. The Creative Breaks Fund is money from the Scottish Government, administered by carers' charity Shared Care Scotland, for the purpose of increasing the range and choice of short break opportunities for carers of adults, kinship carers, young carers and the people they care for.

This award has enabled us to set up The Breaks from Caring Fund and means that we can offer grants of up to **£250** to carers living in East Lothian who are in need of financial help to arrange a break from their caring situation.

**Please read the following carefully before applying or  
before helping someone else to apply.**

**Eligibility**

- All applicants must be carers of adults over the age of 20 with care and support needs. The Fund is also open to young carers and kinship carers.

A carer provides unpaid care to a family member, partner, relative or friend who could not manage without that care. This could be because of a long-term condition, physical or mental ill-health, frailty in older age or a disability.
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- All applicants must live in East Lothian.
- Applicants do not need to be living at the same address as the person they look after but they do need to be the main person helping them for a substantial amount of time on a regular basis e.g. 20 or more hours per week.
- All applicants need to be able to tell us how they would benefit from a grant towards the cost of a break, accountable for how they will spend the money awarded and willing to participate in a short evaluation of the Fund.

**Please note that we are unable to award grants from the Breaks from Caring Fund to carers of disabled children and young people under the age of 20. The Scottish Government has funded a separate programme called Better Breaks for carers of younger disabled people. If you would like to find out more about Better Breaks, contact Shared Care Scotland on 01383 622462 or visit [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk).**

## **What an award from the Breaks from Caring Fund can be used for**

One of the aims of the Fund is that carers will feel more supported in their caring role and the people they care for will also benefit in some way from the break that is arranged.

The funding can be used to help with a range of activities associated with getting a break from the day-to-day caring situation, for example:

Support hours during the day for the person who is cared for so that the carer can have some time to him or herself.

Help towards the cost of a holiday.

Eating out – to give the carer a break from making meals

Complementary therapies/spa days

Gym membership

Fees for courses or activities

Hobby equipment

Funds will not be awarded retrospectively for breaks that have already been taken or activities or equipment that have already been paid for.

## **Applying to The Breaks from Caring Fund**

All applicants will need to complete an application form giving details of their caring situation and the break that they would like to arrange. They will also need to read and agree to the Terms and Conditions and confirm this with a signature. Applications can be submitted at any time until October 2019, funds permitting.

## **The Application Process**

Applications will initially be checked by a worker at Carers of East Lothian. If there is information missing from the form we will contact you to give you the chance to provide this. If you are not eligible for the Breaks from Caring Fund for any reason, we will try to help you to find other sources of funding.

Applications will go before an independent panel made up of representatives from Carers of East Lothian and the East Lothian Health and Social Care Partnership which will meet on a monthly basis. Applicants will be informed of decisions no later than 14 days after the relevant panel meeting.

## **To Find Out More**

Contact Julie Oswald at Carers of East Lothian's Short Breaks Service on 0131 653 1052 or [julie@coel.org.uk](mailto:julie@coel.org.uk).