

Time for Me

Do you take care of a family member or friend who needs your help due to disability, illness or a long-term health condition?

Do you feel that you never get any time to yourself, to relax and do the things you enjoy?

Would you like to be able to take a break from your caring responsibilities occasionally?

If so, get in touch with us and request a 'Time for Me' conversation with our Building Better Breaks Development Worker. They will help you to:

- + Think about what type of break from caring would work best in your circumstances
- + Decide what would best meet your needs e.g. leisure membership, hobby equipment, subscription, spa day, weekend away, concert tickets, meal out etc – the possibilities are endless!
- + Provide information on other services that may assist you to take a break from caring e.g. care providers, accessible holiday facilities etc.
- + Find practical solutions to challenges that may prevent you from getting time for yourself
- + Apply for a Time for Me grant or other financial assistance if necessary

