



Time for yourself

How you can get support to get more time for yourself as a carer



Carers' breaks

When we contact you to talk to you about your needs we can discuss whether a carers' break would be suitable to help you in your situation.

Our carers' breaks can help you to be able to get time for yourself. Carers' breaks are not for providing replacement care for your loved one e.g. support with medication, washing and dressing – or for providing care in emergency situations. Please contact us if you need this type of support.

Carers' breaks provide a personalised, flexible break from caring. They can help you to have time for you. A break should make a positive difference to you, as a carer, in one of the following ways:

- Improving your physical and emotional wellbeing.
- Giving you opportunities to have a life outside of caring.
- Helping you be more able to sustain your caring role.
- Enabling you to take more control of your life.

This support is designed to give you, as a carer, a break. These breaks are for adult carers, who are providing necessary care for someone over 18 years old.

Your break might involve you:

- Having time to yourself.
- Being able to go out into the community.
- Taking time away from your caring role.
- Doing activities that you would otherwise find difficult to do because of your caring role. This could be a day trip with the person you care for.
- Being able to have time together as a whole family.

To enable this to happen we can provide care for the person you care for in the home or community. Your carers' break might be combined with, or topped up with, other support if needed. Or your break could be instead of, or as well as, other support.



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Carefree

If you are an unpaid carer a break to be able to have a few days away with a partner or a friend can be hugely beneficial.

There are hundreds of potential breaks away listed on Carefree's Breaks Hub. After registering with them you can browse available options and submit a request for a specific hotel on specific dates. If available, a confirmation email will be sent to you and you're all set to go!

Visit the Carefree website at [carefreespace.org/take-a-break](https://www.carefreespace.org/take-a-break)



Norfolk Millennium Trust for Carers

The Norfolk Millennium Trust for Carers offers unpaid carers a better quality of life.

The fund will consider applications from carers aged eight and upwards, except where a clear case can be made as to the caring responsibilities of carers younger than eight years.

It can help with:

- A holiday, short break or outing to help relieve the pressures of caring.
- Leisure activities for wellbeing, such as an activity class or a gym membership.
- Recreational home improvements such as redecorating a room, or gardening equipment.
- Items/equipment to support a personal hobby or pastime.
- Wheelchair power packs. Please note power packs are subject to the availability of funding.

Visit the Norfolk Millennium Trust for Carers website at [norfolkfoundation.com/funding-support/grants/individuals/norfolk-millennium-trust-for-carers](https://www.norfolkfoundation.com/funding-support/grants/individuals/norfolk-millennium-trust-for-carers)



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Carers Groups

Having the opportunity to meet and chat with other people who are also looking after a family member or friend can be an effective way of feeling supported and avoiding the isolation which can affect many carers.

Some of these are specific to people supporting someone with a certain condition, and groups may also have advice available to carers who attend.

See a list of Carers Groups at carersmatternorfolk.org.uk/groups