



Care for Carers
Supporting those who care for others

carefreebreaks

What are Carefreebreaks?

Carefreebreaks is a charity based in England that are keen to work with Care for Carers to provide unpaid carers in Scotland with offers of free accommodation for a short break. You can find out more about Carefreebreaks on their website www.carefreebreaks.com

Carefreebreaks offer 3 night or 7 night breaks for unpaid carers in rental accommodation such as holiday cottages or hotel rooms donated by owners and operators. The accommodation is usually offered during the low season or mid week. The accommodation is the only part which is free, so you have to fund travel, catering and activities on the break yourself. A carer may take a companion or friend to accompany them on a break but **not** the person they care for.

Carefreebreaks have eligibility criteria for their offers which are;

- You must be an unpaid carer, caring for at least 35 hours per week
- You feel you would benefit mentally and/or physically from a break
- You are able to arrange care or respite cover for the period of the break
- You have the means to pay any associated costs i.e. travel, food, etc

How will it work?

If you are interested in applying for a Carefreebreak you will need to be referred by Care for Carers. The Carefreebreaks booking system is online only. So you will need to have an email address. If you do not have a personal email address then you can ask Care for Carers to submit the request using our email details. All correspondence and booking information will come via your email contact so it must be an email that is checked often.

Care for Carers will keep a register of carers that feel they meet the criteria above and are interested in taking up Carefreebreaks offers. Please fill in the attached registration sheet if you would like to register with us. Places are limited and returning the registration form does not guarantee you a place.

Once you have returned the registration form, we will keep your details on file and carefreebreaks will contact you in when offers become available. If you are offered a break the information will be sent to the email address you have given us so it is really important to let us know if your email address changes.

Please give us a call if you have any queries or need to talk through the criteria .

Contact admin@care4carers.org.uk or telephone 0131 661 2077