



Care for Carers
Supporting those who care for others



Carefree Information

*We know all too well how challenging a full-time caring role can be.
A few days away with a partner or a friend can work wonders.*

● What is Carefree?

Thanks to the generosity of their Hospitality Partners, **Carefree** are able to offer short breaks at minimal cost for full-time unpaid carers in need of some time off. There are two options:

- Hotel – 3 nights with 1 companion (adult or child), twin or double room with breakfast included
- Holiday Cottage – 7 nights with 1 adult companion and/or up to 2 children, self-catering

● Reservations

Short breaks can be reserved through their online booking platform where you will find a selection of hotels and holiday cottages throughout the UK. Where, when and for how long, the choice is yours.

● Costs

There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc). There is a £33 admin fee to help with the cost of operating their charity, payable when you make a booking. If this fee may be difficult for you, please get in touch to discuss further.

● Who can go?

The short breaks initiative is specifically designed to give carers some time away from their caring responsibilities. You are welcome to take a companion with you but not the person that you care for. If you can't go for the full 3 or 7 days, that's okay. If you want to travel alone, that's fine too.

● Eligibility

To qualify for a break you must be:

- Aged 18 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (admin fee, transport, food, travel insurance etc)

● Application process

Once you have completed and returned the attached registration form, we will register you with Carefree, who will contact you **when offers become available. Places are limited and returning the form does not guarantee you a place.** All correspondence and booking information will be sent to your email. Therefore, it is very important to check your email regularly, and to inform us of any changes to email addresses.

Please contact us if you have any queries: carefree@care4carers.org.uk or telephone 0131 661 2077.



Carefree Programme Carer Registration Form

Personal Details

Title: _____ Name: _____
Address: _____
Postcode: _____ Phone Number: _____
Email: _____ Date of Birth: _____

Your Caring Situation

My caring situation is...

Eligibility

- I am an unpaid carer, caring for at least 30 hours per week
- I am aged 18 years old or over
- I am able to arrange care or respite cover for the duration of the break
- I have sufficient means to cover the £25 registration fee, food, and travel costs
(The registration fee is a one-off admin cost only if break is taken)

Consent (*required)

- I give you permission to pass my registration details to Carefree for the purposes of a caring break*
- Keep my details on your Carefree Programme database
- I would like to receive the Care for Carers monthly newsletter

Signature & Date

Signed : _____ Date: _____

Please return this form to carefree@care4carers.org.uk or by post to:

Freepost Plus RTXB-UUCY-EHBU
Care for Carers,
St Margaret's House,
Room 4.25
151 London Road,
Edinburgh,
EH7 6AE

*Give yourself a breather.
Time and space to look after your
own wellbeing.*