

## Creative Breaks for Carers

'Creative Breaks' is funded by the Scottish Government as part of its commitment to the development of short breaks for the benefit of carers and those they care for.

In 2015-16, funding from the Integrated Care Fund in Falkirk has also allowed us to increase the amount available for grants which improve the health and wellbeing of carers of all ages in Falkirk.

The purpose of Creative Breaks is to improve the range, choice and availability of short breaks so that carers and the people they care for have a better quality of life and feel better supported in their caring relationship.

Creative Breaks funding is intended to be flexible and provide carers with a break from day-to-day routines, a chance to try new things and participate in social activities, and time to rest and recharge their batteries.

## Take Care of Yourself

Keeping fit, pursuing a hobby, taking a short break, seeing friends, or learning new skills all **contribute to your wellbeing.**

Looking after your own physical and emotional wellbeing will also **help you support the person you care for.**

As an unpaid carer, it can be difficult to spend time and money on yourself.

The **Creative Breaks** fund will help you pay for a flexible break of your choice. This might be:

- ◆ Attending an evening class
- ◆ Joining a gym
- ◆ Catching up with friends
- ◆ Visiting a new city
- ◆ Going to the theatre or cinema
- ◆ Enjoying a weekend away
- ◆ Pampering sessions
- ◆ Meals out
- ◆ Purchasing equipment for an activity or hobby

The Creative Breaks fund can provide a break that can:

- ◆ Give you something to look forward to
- ◆ Give you something to talk about
- ◆ Help you reconnect with old interests
- ◆ Help you discover new interests
- ◆ Help sustain supportive friendships
- ◆ Ensure the person you care for is looked after while you take a break
- ◆ Support you to try a new activity together
- ◆ Improve your physical or mental health
- ◆ Improve the physical or mental health of the person you care for
- ◆ Support you to continue caring
- ◆ Give you time to recharge your batteries

## Falkirk & Clackmannanshire Carers Centre

**A carer is someone who looks after a family member, friend or neighbour who has an illness or disability.**

**People can be carers at any age. They may be wives, husbands, children, friends, parents or neighbours.**

**Carers may face difficulties because of their caring situation - financial worries, health problems, stress - and may not know who to turn to for support.**

**The Carers Centre provides information, advice and support to carers throughout Falkirk District and Clackmannanshire.**



The Creative Breaks Panel meets every 6 weeks approximately and can consider applications from carers in Falkirk district and Clackmannanshire who are caring for adult, normally for more than 20 hours per week.

To find out more about eligibility, or to apply for a break, contact the Carers Centre:

Bank Chambers  
1A Bank Street  
FALKIRK  
FK1 1NB

Phone: (01324) 611510  
Email: [centre@centralcarers.org](mailto:centre@centralcarers.org)  
Website: [www.centralcarers.org](http://www.centralcarers.org)

Ludgate House Resource Centre  
Mar Place  
ALLOA  
FK10 2AD

Phone: (01259) 226839  
Email: [alloaoffice@centralcarers.co.uk](mailto:alloaoffice@centralcarers.co.uk)  
Website: [www.centralcarers.org](http://www.centralcarers.org)

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## Take Care of Yourself

## Short Breaks Funding for Carers

Short  
breaks fund

2015/16