

Funded Short Breaks for Carers

Guidance 2025-26

Funding for short breaks for carers is available to benefit carers of all ages living in Falkirk district and Clackmannanshire by enabling them, and those they care for, to have a break away from their regular domestic and caring routines in order to improve health and wellbeing.

Breaks are funded by the Scottish Government through the Short Breaks Fund ('Time to Live') and Falkirk Health & Social Care Partnership (Breaks for Carers).

Creative Breaks

Eligible carers can apply for grants of up to £400 to fund a short break of their choosing, or grants totalling £650 where more than one carer in a family is applying within a 24-month period. **A separate applications form must be completed by each carer applying for funding.** While grants may be used for breaks away from home, applications for equipment or activities that will allow carers to have break from their everyday caring role and improve their health and wellbeing in different ways are welcome and encouraged. Past examples have included music tuition, arts and crafts materials, exercise equipment, and gardening tools or equipment.

As a condition of receiving a Creative Breaks grant, you will be required to provide receipts for your grant expenditure and to complete a short evaluation/feedback form.

Eligibility Criteria

- Funding for a short break is available to carers of all ages (a carer provides unpaid care to a family member, partner, relative or friend who needs help to manage a long-term condition, disability, physical or mental ill health or addiction)
- The carer must live in Falkirk district or Clackmannanshire
- Only one funded break can be granted to individual carers (or multiple carers in the same family) in any 24-month period
- Except in exceptional circumstances, carers who have been awarded a Take A Break Scotland grant in the previous 24 months will not be eligible to receive a Creative Breaks grant
- Applications for funding for breaks that have already been booked cannot be considered

Funds are limited and additional criteria may be applied in order to prioritise awards

How to Apply

If you think you may be eligible for a Creative Breaks grant and would like to apply, or if you would like more information, please call the Carers Centre on 01324 611510 to discuss options available to you, or email shortbreaks@centralcarers.co.uk.

You will be asked to complete and submit the appropriate online application form using the link provided by the Carers Centre or, if you do not have online access, you will be sent a short application form by post.

Creative Breaks Applications

- Once we receive your application, it will be considered by the Short Breaks team within a period of one month from the date of submission after which you will normally receive the outcome of your application within 10 working days.
- If a referee is required, your application may be considered at a Panel meeting, held each quarter. If this is the case, we will notify you within 10 working days to advise you of the next date available.
- If successful, we will request your bank details and pay the funds into your nominated bank account or, for young carers, a direct purchase may be made on their behalf.
- Grants must be used for the purpose described in the original application form unless approval has been given in advance by the Carers Centre and any changes agreed.
- Receipts for grant expenditure must be submitted to the Carers Centre and a short evaluation form completed once the break has taken place or the purchase made.

Falkirk & Clackmannanshire Carers Centre

Tel: 01324 611510

Email: centre@centralcarers.co.uk

Web: www.centralcarers.org