

## time to live *Time for Me*

Here are some **ideas for your Short Break** grant although we will try to help with any suggestions put forward by carers:

Relaxation therapy	Reflexology
Aromatherapy	Indian head massage
Reiki	Trip to hairdresser
Manicure	Meal out
Swim session	Gym session
Holiday	Overnight stay
Cinema pass	Drama club
Horse riding	Self Catering break
Arts and Crafts session	Travel costs

[carers@shetland.org](mailto:carers@shetland.org)  
[www.shetlandcarers.org](http://www.shetlandcarers.org)



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Short  
breaks fund

 Shetland  
Charitable Trust



# VAS

## Carers Centre Short Break Grants

Market House, 14 Market Street, Lerwick

# Are you looking after someone?

# 01595 743923

[www.shetlandcarers.org](http://www.shetlandcarers.org)



## Are You Looking After Someone?

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months and years.

Although rewarding, looking after someone can affect your physical and emotional wellbeing and impact on you financially and socially.

**A carer is generally defined as a person of any age who provides *unpaid* help and support to a relative, friend or neighbour who cannot manage to live independently without that person's help.**

## Short Breaks for Carers

Voluntary Action Shetland have been fortunate enough to secure funding from both Shared Care Scotland and Shetland Charitable Trust. This will allow us to offer carers in Shetland the chance to benefit from a short break from their caring role.

*"We see first hand the impact that caring can have and how important it is for carers to receive support and valuable time out for themselves. This could be a trip to see family and friends on the mainland or time to take part in a hobby or relaxation session – anything that awards the carer a break from their caring responsibilities.*

*We hope this break makes carers feel better supported to sustain their caring role."*  
*Kirsten Marcus, VAS Carer Support Worker*

## Making Your Request is Easy

1. Apply online by clicking the 'Short Break Form' button at [www.shetlandcarers.org/support/breaks](http://www.shetlandcarers.org/support/breaks) or call Amanda Brown at VAS to obtain a paper version of the application form on 01595 743923.
2. This will then register you with our service so that we can record you as a carer and send you any new carer information.
3. Once VAS has received your completed application it will be assessed at our next grant allocation meeting and if you meet our eligibility criteria we will send out a cheque to you within the week.

## After Your Short Break

1. As part of the conditions for the grant you will need to send us receipts for your short break.
2. We also require that you fill in an evaluation form telling us about your Short Break. This helps us to monitor the success and take-up of the project and make improvements where necessary.