

**ADDITIONAL SUPPORT FOR CARERS TO TAKE A BREAK DURING THE PANDEMIC**

What would help your health and wellbeing?

What would help you enjoy a life alongside caring?

**Think of a new way to take a break 😊**

Applications must be received by 10th March and the break must be purchased by **31st March**

**What can I Apply For?**

*Anything that can help you to prioritise taking a break from your caring role. Despite a lot of things being closed just now there are many things that can help you have some time out. Examples are:*

* Gardening equipment or furniture
* Kitchen equipment
* Counselling sessions
* Online study/classes/sports/exercise
* Tutoring or extra support for home schooling
* Gaming equipment/vouchers
* Arts/Crafts equipment/supplies
* A TV/tablet/lap top etc
* Subscription to Netflix/Prime/Disney+
* Musical instrument or equipment
* Equipment for a hobby/interest
* Subscriptions for audio books/magazines

***Or something else that could help you!***

VAS Carers Support Service have been allocated some additional funding from the Scottish Government to support Carers to take a break from their caring role.

This is open to all Carers, Young Carers and Young Adult Carers across Shetland. The maximum award will be £150.

Carers do not need to be registered with the Carers Centre to apply.

To apply please email: [carers@shetland.org](mailto:carers@shetland.org) for an application form.

Priority will be given to Carers who have not applied to our Short Breaks grants before

The application cannot be for a break away or for something which does not adhere to current government guidance restrictions.