



Inverclyde Carers Centre
Short Break Application - Groups

Contact Details of Carer Organising Break:

Name: ..... Tel: .....

Names of Carers Accessing Break:

.....
.....

Accommodation Details:

Table with 2 columns and 7 rows: Destination, Date, Duration, Cost per person, Total Cost, Payable to, Additional Information.

Transport Details:

Table with 2 columns and 6 rows: Provider, Departure Details, Return Details, Total Cost, Payable to, Additional Information.

Organising Carers Signature: ..... Date: .....

For office use only:

Staff Signature: ..... Designation: .....

Approved By: ..... Designation: .....

Cheque issued to: ..... Cheque No.: ..... Date: .....

Cheque issued to: ..... Cheque No.: ..... Date: .....

## **Inverclyde Carers Centre**

### **Short Break for Groups Guidelines**

#### **Who can have a short break?**

Groups of two or more carers, who are registered with Inverclyde Carers Centre. The provision of short breaks are available to carers of all ages, gender, ethnicity, religion, race, sexual orientation, disability, caring responsibilities, economic and political affiliation.

#### **How do I access it?**

Having identified a short break, upto 7 nights, and obtained quotations for accomodation and transport, the group should complete and return “Short Breaks for Groups” application form to a member of Inverclyde Carers Centre staff. This will then be passed to the Project Manager for consideration. All applications will be considered individually.

#### **What costs can be met?**

The cost of accomodation and transport can be met by Inverclyde Carers Centre, this has been made possible through grant funding provided by Inverclyde Council’s Social Work Services.

#### **What difference do we hope short breaks will make?**

- To give carers a break from their caring routine.
- To relieve stress from caring.
- To give carers get the chance to recharge their energy to enable them to continue with their caring role.
- To enable carers to have leisure time for themselves.
- To assist carers to develop friendships with other carers.
- To reduce social isolation.

#### **How will we know carers benefit from short breaks?**

To help us show difference short breaks make we ask that carers take a few minutes to complete a short questionnaire about their break on their return. Sometimes words alone may not quite demonstrate the benefit of taking a short break therefore any photographs the group would like to share with us would be more than welcome.

**Inverclyde Carers Centre**

**Short Break for Groups of Carers Evaluation Form**

Could you please help us by answering some questions below.

Please feel free to add any additional comments you feel may be useful.

	Yes	No	Comments
Has the break relieved the stress of caring?			
Do you feel you have had the chance to recharge your energy to enable you to continue with your caring role?			
Has this break enabled you to have leisure time for yourself?			
Has this break helped you to develop friendships with other carers?			
Do you feel less isolated?			

**Any photographs the group would like to share with us would be more than welcome.**