Want to Apply?

Please contact VSA Carers Resource Service by phone on 01224 212021 or by email at carers.info@vsa.org.uk

One of our Carer Advisors will be able to support you to complete an application form and to explain the application process to you.

Alternatively you can download the application form and guidance notes from our website www.vsa.org.uk

Drop-in and Appointments

We run a Drop-in service and appointments can be made at Castle Street on the following days:

- Tuesday 10 am - 12 noon
- Wednesday 2 pm - 4 pm
- Thursday 10 am - 12 noon

Outwith these times we are unable to guarantee that you can be seen by a Carer Advisor.

Telephone enquiries can be taken between the hours of 9.30 am and 3 pm, Monday - Friday. Outwith these times, messages can be left on the answering machine. We aim to respond to telephone enquiries within 3 working days. Messages left on a Friday after 3 pm will not be responded to until the following Monday.
What is the Short Breaks Fund?

In recognition of the important role that unpaid carers have in looking after or supporting family members or friends, the Creative Breaks programme was established in 2011 by the Scottish Government and is administered by the Carers Charity Shared Care Scotland. The aim of the fund is to increase the range and choice of short break opportunities for carers of people with care needs. The fund provides an opportunity for carers to enjoy leisure activities or a break away, with or without the person they care for.

Is this you?

- Does your caring role affect your ability to enjoy life?
- Do you feel stressed?
- Do you have difficulty in getting a break from your caring role?
- Do you provide care/support to an Adult over the age of 20?

If you answered yes to any of these questions you may be eligible to apply for financial help towards a short break.

Applications can also be made by Young Carers (under 18yrs old) where they have a caring role for an Adult or a Child.

Be inspired

We know carers often require considerable support and encouragement to ask for a break. Others find it difficult to decide what they want from a short break; or know what they are entitled to.

Here are what some Carers who have received Short Break Funding recently told us about how they used the grant and what a difference this had made to them.

"Being able to use the funding to buy a gym membership has been great. It's improved my life physically. Going to the gym has been much better for me than a trip out as it means I can use it as often as I need to. I meet other people and I'm less tired and have more energy"

"Using my grant to have a few trips to the theatre with my wife has been lovely as we've been able to do something “normal” as a couple. It’s made such a difference to both of us. Seeing my wife happy makes me feel better too."

"I used my grant towards the cost of a weekend away with my husband who I care for. We stayed at a nice hotel and I came back feeling more relaxed and feeling my batteries have been re-charged!"

For more examples of how Carers across Scotland have used the grant funding please visit Shared Care Scotland’s website at www.sharedcarescotland.org.uk and click on the Short Breaks tab.