



Short break
grants for carers
in Scotland



Take a Break

Administered by Family Fund

Take a Break provides grants to unpaid parent carers of disabled children and young people, aged 0-20 with complex additional support needs.

www.takeabreakscotland.org.uk



Take a Break

Take a Break provides cash grants to help you enjoy quality time away from your usual caring routine.

Can I apply?

You can apply for a Take a Break grant if you:

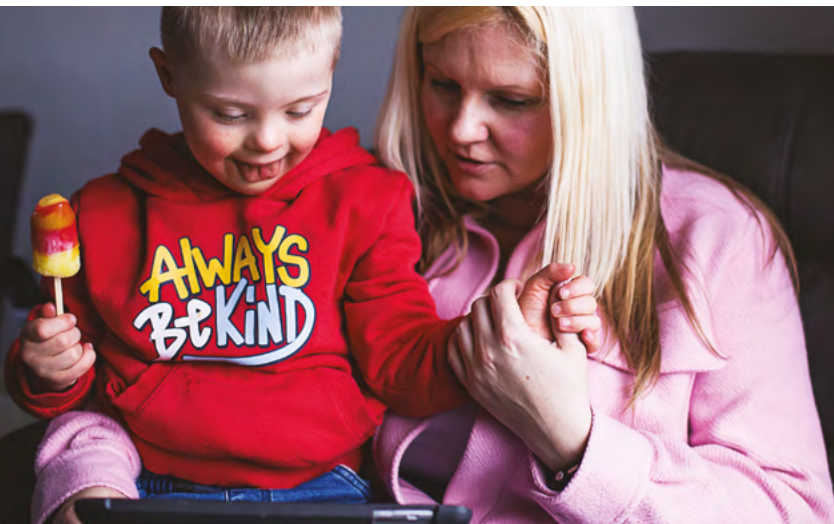
- have lived in Scotland for six months
- are a UK resident
- care for a disabled child or young person with complex additional support needs aged 0-20 years, who lives at home

Please note:

You will not be eligible to apply if the child or young person you care for is looked after by the local authority, or lives away from your home (e.g. in foster care).

Visit our website for more information:

www.takeabreakscotland.org.uk



What can I apply for?

What you need may depend on your interests and personal circumstances. We expect our average award to be around **£300**. Grants may be used flexibly and can contribute towards things like:

- a **holiday or short break away** – for the carer, whole family or disabled young person
- **day trips** – entrance fees to theme parks or zoos, meals out or a spa day
- an **additional carer** – to enable you to relax and fully participate during a break away
- **travel costs** – ferry, bus or train tickets, travel passes, flights, fuel or taxi fares
- **sport, play or leisure equipment** – including camping equipment, a paddleboard or a trampoline
- **clubs and activities** – membership fees, sports training, season tickets or hobby materials
- **digital devices and subscriptions** – for entertainment, learning and socialising.

Take a Break cannot, unfortunately, be used for:

- capital items such as vehicles
- replacement of statutory funding
- a break that has already been arranged or something that has already been purchased
- items that do not meet the principles of the fund, which is to support carers to have a break

How to apply

The fund is open for a limited time each year. Check our website www.takeabreakscotland.org.uk or Facebook page www.facebook.com/takeabreakscotland for updates.

The quickest way to apply for a Take a Break grant when the scheme is open, is online via our website. You can also request a paper application to be sent to you, by calling us: **01904 571093**.



Take a Break

Find us online:

www.takeabreakscotland.org.uk

 facebook.com/takeabreakscotland



Take a Break is funded by the Scottish Government and administered by Family Fund.

This programme is one of four short break grant funds available in Scotland, on behalf of the Scottish Government. To find out more about other funding for short breaks, visit the Shared Care Scotland website:

www.sharedcarescotland.org.uk
or call: **01383 622462**.

In partnership with:



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