



Short breaks fund

Introduction

The Short Breaks Fund provides grants to third sector organisations that support unpaid carers to take a break from their caring role.

The fund aims to increase the range and availability of short breaks across Scotland, allowing more carers to take the right break at the right time.

The Scottish Government currently funds the Short Breaks Fund on a rolling annual basis.

The Short Breaks Fund was established in 2010. To date, we have granted more than £17.5 million to organisations across Scotland, supporting the delivery of more than 80,000 carer breaks.

You can find out more about previously funded projects on our reporting website: www.shortbreakstories.org.uk

Our funding programmes

The Short Breaks Fund has four funding programmes. Shared Care Scotland operates:

- Better Breaks
- Creative Breaks
- Time to Live

Better Breaks

The Better Breaks programme provides 12 month grants to third sector organisations to develop and deliver short breaks projects and services for **children and young people with disabilities (aged 20 and under)**, and their **carers** (adult and/or young carers).

The Better Breaks programme funds a wide range of short breaks projects and activities including holiday activity programmes, after school clubs, sports coaching, and youth groups. The activities can be for children and young people with disabilities, for their carers, or for families to enjoy together.

Better Breaks usually opens for applications in the Autumn of each year for activities planned to start in Spring of the following year.

Creative Breaks

The Creative Breaks programme provides 12 month grants to third sector organisations to develop and deliver short breaks projects and services for **carers of adults (aged 21 and over), young carers** (caring for children or adults), and the people they care for.

The Creative Breaks programme funds a wide range of short breaks projects and activities including breaks away, days out, and/or shorter, regular activities. The activities can be for carers, for cared-for people, or for carers and the people they care for to enjoy together.

Creative Breaks usually opens for applications in the Spring of each year for activities starting in the following Autumn.

Time to Live

The Time to Live funding programme provides 12 month grants to carers organisations to deliver micro grants schemes for all carers including young carers. These Time to Live projects enable carers to access funds and support to help them take short breaks that meet their needs.

Time to Live grants are awarded to one delivery partner in each local authority area in Scotland.

Shared Care Scotland invites the relevant agency – usually a carers centre – to apply, and as such, this is not an open competition for funding.

Carers can find their local Time to Live project on our funding directory for carers available at www.sharedcarescotland.org.uk/fundingbreaks

Take a Break

A fourth Short Breaks Fund programme, **Take a Break**, is administered by **Family Fund** on behalf of the Scottish Government. Take a Break is usually open for applications from May – June each year and provides direct grants to carers of children and young people with disabilities to support personalised short breaks, for example leisure activities or holidays.

Contact Take a Break on **01904 571093** or visit their website www.takeabreakscotland.org.uk

Family Fund also provides grants for short breaks and day trips, as well as other essential items, throughout the year. Find out more at www.familyfund.org.uk

Support for grant holders

The Short Breaks Fund team is here to help. Our aim is to support funded organisations to deliver the best possible outcomes for carers and the people they care for. We can provide support in a number of different ways:

- Resources and toolkits – free to download from our website.
- Pre-application support including phone-in sessions, workshops and webinars.
- 1 to 1 support for funded organisations.
- Learning exchange events and workshops.

More information

For more information on the Short Breaks Fund, including details on how to apply, please visit our website: www.sharedcarescotland.org.uk/shortbreaksfund

Or call **01383 622462** and ask to speak to a member of the Short Breaks Fund team.

Our other ‘Short Guides’

Shared Care Scotland and our work

Short breaks

Support for carers

Carer rights in Scotland

Funding for short breaks



What do we mean by...?

Carers

Carers provide unpaid care to family members, partners, friends or neighbours affected by physical or mental illness, disability, frailty or substance misuse. Some carers care intensively or are lifelong carers. Others care for shorter periods.

Short breaks

A break from caring helps carers, and the people they care for, recharge their batteries. A short break can be anything from a few hours of downtime to relax and rest, to a holiday together away from the daily routine.

About Shared Care Scotland

At Shared Care Scotland we aim to be the leading organisation on short breaks and respite care in Scotland.

Our vision is:

“that everyone who receives support or provides unpaid care can live a full and satisfying life, with the assistance they need to take regular, quality breaks from the everyday demands of their caring routines.”

www.sharedcarescotland.org.uk

Shared Care Scotland

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