

About Creative Breaks

- Creative Breaks forms part of the Scottish Government's Short Breaks Fund
- Creative Breaks provides funding to organisations to develop short break opportunities for carers of adults with care needs, young carers and during this round of funding, kinship carers. The fund has two elements:
 - Service Development – Funding for specific projects
 - Time to Live – Funding to organisations to distribute in the form of micro grants directly to carers
- the third round of funding commenced in the autumn of 2014
- a total of 63 projects, made up of 37 service development and 26 Time to Live, were approved for funding
- the total amount of funding was £1,037,713 this enabled over 2,838 cared for and 4,983 carers to benefit from a short break
- in addition a further £16,000 was distributed equally to Dundee City Council and Aberdeenshire Council to pilot the development of Public Social Partnerships (PSPs)
- including the previous rounds of Creative Breaks, around £4.2 million. This benefited over 17,000 carers

What we supported

- 7 day facilities, playschemes or clubs ranging from youth clubs to sports clubs
- 1 one-off day event
- 2 activity breaks for the cared for person
- 5 holiday breaks for families/carers and the cared for person
- 4 holiday breaks for families/carers
- 2 befriending support
- 2 home-based services
- 3 therapies
- 9 multiple/other services
- 28 carer arranged/self-identified break (inc. 26 Time to Live projects)



Background and facts

The Short Breaks Fund – helping to make breaks better and brighter for unpaid carers and cared-for people in Scotland.

Launched in 2010 for one year; the fund has now been running for five years and has proved to be a lifeline for many carers. During the past five years the Scottish Government, through Shared Cared Scotland has distributed £12,547,409 to 697 projects to deliver innovative, tailor made breaks to groups and individuals.

What is a short break?

Over the past five years the understanding of what a short break is has evolved. The traditional view of respite, while still important, has taken on many new forms. By seeking to provide a tailored solution for the needs of carers (and those they care for) we have found that this could be anything from the typical short holiday break to accessing funding to provide a resource which would enable a carer to get a break without even leaving their own home.

Get in touch

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Creative Breaks

A summary of projects funded between September 2014 and October 2015

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Creative Breaks: projects funded between September 2014 and October 2015



Crossroads Lewis Short Breaks – A story by Crossroads Care Attendant Scheme Ltd (Western Isles): Crossroads Lewis' Short Breaks provided a carer with breaks of up to 3 nights/4 days, while our Care Attendant team provide 24 hour care at home for the cared-for person. This lessens the disruption to the cared-for person's routine, and is particularly beneficial to those with dementia. Crossroads Lewis takes over the role of the carer, to meet all the needs of the cared-for e.g. personal care, medication and meals.

Top Tip: "Be fair with who receives your breaks, we have allocated them to those with the highest need for respite and have not offered purely on a first-come basis"



SHAYP Life Summer Youth Camp 2015 – A story by Scottish Huntington's Association (National Coverage):

Organised and ran a 5-day summer camp for 45 young people aged 8–25 years old, living in a family affected by Huntington's disease. The camp included a range of daytime and evening activities as well as one-to-one and group sessions with Scottish Huntington's Association Specialist Youth Advisors, on the issues surrounding Huntington's disease and being a young carer.

Top Tip: "Record whilst at camp any issues raised by young people to ensure that these are tackled after camp"



Whitehill Court Evening Care Service – A story by Bield Housing & Care (East Dunbartonshire): The project provided an evening care service at Whitehill Court two evenings a week for people in the community living with dementia. Each evening, five service users access the service from 5pm till 10pm. Transport and meals were provided either in Whitehill Court or out in the local or extended community. Service users had the opportunity to access activities outwith their homes enabling them to interact with other people in their community.

Top Tip: "Communication – talk to service users and carers regularly to find out what is important to them. Every little detail is very important to make your service successful"



Carers Short Breaks Project – A story by Dumfries and Galloway Carers Centre (Dumfries and Galloway): Provided grants for short breaks directly to carers who live in the Dumfries and Galloway area. The service is for any carer and not just those registered with the Carers Centre.

Top Tip: "Create an easy but thorough application process with accompanying criteria – this could be revisited as the project develops to make any changes that are needed"

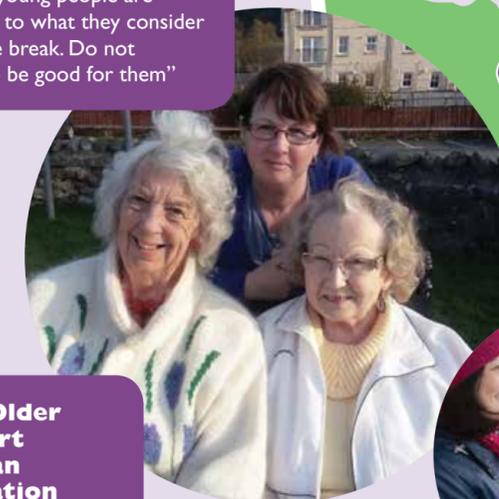


63 projects supported across Scotland



First Step Initiative – A story by Camp and Trek (Highland): This First Step Initiative project supported young carers affected by parental substance misuse to take part in a residential activity weekend on the Isle of Skye. The project ran in partnership with Connecting Young Carers, a Highland-wide organisation that works to raise awareness, identification and support for Young Carers. Camp and Trek was founded with the aim of offering disadvantaged young people opportunities to take part in outdoor adventurous activities.

Top Tip: "Ensure that the young people are properly consulted in regards to what they consider to be a fun, safe and enjoyable break. Do not prescribe what you believe to be good for them"



South Asian Carers of Older People's Respite Support Group – A story by Milan Senior Welfare Organisation (Edinburgh City):

A fortnightly carers' respite group providing a range of therapeutic and educational activities as well as informative talks. Regular outdoor activities organised to boost confidence and promote relaxation so that this also benefits the person cared for. Opportunities for social interaction to meet others in similar situations.

Top Tip: "Work within times that suit most carers and be flexible and ensure that staff are empathic and understand issues relating to carers and their responsibilities"



Taymara R&R – A story by Taymara (Angus/Fife/Perth and Kinross): Taymara provided unconventional respite break boat trips on the Tay for carers and the people they care for which included the opportunity to learn boating skills. This included inspirational experiences such as viewing dolphins at close quarters.

Top Tip: "Engage as soon as possible and as effectively as possible with a wide range of referral organisations"



Fabb-i do Weekends (East of Scotland and South Lanarkshire): The project provided 11 exciting, challenging themed weekends for disabled people aged 21–30 years including Weird Science, Fab Food, Murder Mystery and Film Making along with longer breaks to London and Alton Towers. Six new volunteers were recruited specifically for the weekends. The Fabb-i do weekends were active and fun which enabled carers and families to get what they called a "real break".

Top Tip: "Carry out detailed risk assessments for every weekend and carry out contingency planning"

