

A snapshot of the impact Creative Breaks had during 2016–2017

About Creative Breaks

Creative Breaks provides grants to third sector organisations so they can develop and deliver short breaks for carers of adults (21 and over), carers of older people (65 and over), young carers (caring for children or adults), and the people they care for.

Creative Breaks is operated by Shared Care Scotland on behalf of the Scottish Government. It is part of the Short Breaks Fund, which was set up to increase the range and availability of short breaks for carers and the people they care for across Scotland.

2016–2017 in numbers

Applications



Reach



Activities funded



“Our Creative Breaks grant helped us to deliver new services to more carers.”

“Going on the course gave me permission to feel emotions that I had pushed down for a long time and hadn't allowed myself to feel.” **Jill**

The goals of Creative Breaks are to:

- improve the wellbeing of carers and the people they care for
- give carers more opportunities to enjoy life outside their caring role
- support carers to continue caring
- provide better support for hard-to-reach carers, including signposting them to sources of help
- raise awareness of the role of short breaks in supporting caring relationships
- develop an understanding of how important short breaks are to carers and the people they care for
- help organisations that support carers develop their projects and services and increase the positive impact of their work



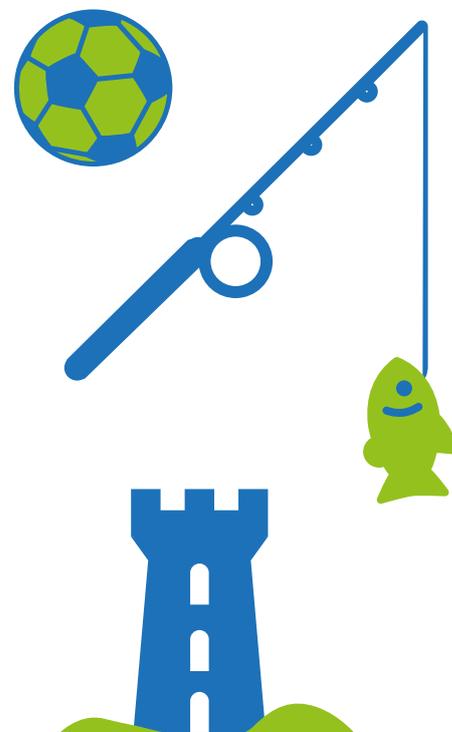
Ways that Creative Breaks made a difference to carers and the people they care for

Showing the value of befriending

Glasgow East End Community Carers provided an older carer befriending service, matching carers with someone who shared their interests and could spend quality time with them regularly. This meant:

- John could go to the football and meet up with other carers while a befriender supported his wife. John said this made him feel 'normal' for a while and really helped reduce his stress levels
- George was able to go fishing. His befriender said he could see him physically relax as soon as he began to fish
- James was introduced to a befriender who shared his interest in history and historical sites around Glasgow and they could enjoy this shared interest together

These new relationships had a positive impact for both the carers and the befrienders. The carers were less stressed and isolated and got to know more people. Their mood also improved, helping them to cope better with their caring roles. Some befrienders had been carers before and enjoyed working with other carers. Their depth of understanding was invaluable and being a befriender helped them move on and feel valued.



Providing group support

The Scottish Huntington's Association organised a summer camp for young people living in families affected by Huntington's disease. Thirty-five young carers looking after someone with Huntington's spent five days at the Lagganlia Centre for Outdoor Learning. They took part in activities including white water rafting, gorge walking and mountain climbing. A core feature of the camp was a young person's conference on Huntington's disease called 'The past, present and future'.

During their time away, the young people developed relationships with other people their age, and could talk about the impact of their caring role in a relaxed way. Feedback from the camp was excellent. Everyone who went on it rated it as a positive experience, and 97% said they felt more safe and secure than at home.



Giving help where it's needed most

Falkirk & District Association for Mental Health used Creative Breaks funding to provide different sorts of targeted support. They organised two art groups, a mindfulness training course, a mindfulness reconnect course and an education course.

Jim is a father of two who cares for his wife, who suffers from depression and anxiety. His support worker identified that his caring responsibilities were affecting his wellbeing. Jim chose to go on the education course, which included helping participants develop coping mechanisms to deal with their demanding roles. Jim had initially been considering walking away from his home situation. After going on the course, he said "I wasn't sure how this journey would turn out but feel it's like I came during a storm and was taken to where the rainbow ends".

Jill's ex-partner is bipolar and her sons have mental health issues. She had previously been on an education and mindfulness course provided by an earlier Creative Breaks grant. This time she did the mindfulness reconnect course. It helped her build on the progress made during the previous courses. "I gave myself permission to feel emotions that I had pushed down for a long time and hadn't allowed myself to feel. Embracing these was empowering for me, and allowed me to think a bit more creatively about myself and my relationships."



Ways that Creative Breaks made a difference to funded organisations

Helping develop relationships and partnerships

- **Options for Life** built links with the Murton Trust and the Tay and Earn Trust to support their recreation programme for young adults who have autism, communication disorders, learning and other disabilities
- **Glasgow East End Community Carers** are now working with the Parkview Mental Health Resource Centre, Parkhead Citizens' Advice Bureau, Govan Community Law Centre, Alzheimer Scotland, local Community Connectors, Lightburn Hospital and Kelvin College as part of their project-work with older carers
- **Barnardo's Inverclyde Thrive Project** organised two social groups for young carers (8–14 years and 15–18 years) which led to a successful coworking partnership with Inverclyde Health & Social Care Partnership (HSCP). Jackie Given, the project manager, said "The funding from Creative Breaks helped us strengthen an already active partnership, but more importantly embedded our service in working with young carers. This has led to us being involved in the working group developing young carers statements as part of the new carer's implementation legislation. Inverclyde HSCP are also going to cover the shortfall in our original grant application to Creative Breaks through their Carer' Strategy budget, allowing us to reach more young carers across Inverclyde."



Securing new funding

Stirling Carers Centre Young Adult Carers Group used their Creative Breaks grant as match funding in an application to the Big Lottery, making the grant go significantly further.

Falkirk & District Association for Mental Health used evidence from their Creative Breaks Family and Carer Support Service project in their successful bid to the Big Lottery. "Our Creative Breaks grant helped us to deliver new services to more carers and gave us strong and persuasive evidence to secure a five year Big Lottery grant of £129,000 which is enabling us to better support carers and their families."

What we learned

Success stories from the 2016–2017 round of Creative Breaks funding have helped increase understanding about the benefits of different types of short breaks.

Activity breaks in specialist settings

These types of breaks were consistently well received with participants' lasting memories highlighted as a particularly positive benefit. They were particularly popular with young carers and young adult carers, as well as people with care needs.

Unmet need for disabled young adults

SNAP (Special Needs Action Project) in Inverness and **PLUS Forth Valley** in Stirling were among the organisations that used funding for projects involving young adults with additional support needs. The Creative Breaks grant helped them address an unmet need, adding value to the range of opportunities they could provide.

Pioneering support for palliative care (shared learning)

The Prince and Princess of Wales Hospice used their funding to create a Carers Choice service. Carers benefited from free time once a week while a volunteer befriender looked after the person they cared for. Some carers used this to enjoy a bit of quality time for themselves, while others took the opportunity to access hospice-based activities and support. This innovative model has been shared with other Scottish hospices which are keen to offer similar support to their carers.

Get in touch

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CREATIVE
breaks

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LOTTERY FUNDED

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Additional
Funding

