

Taking your break

Grants can be spent flexibly towards:

- A well needed short break
- Holiday
- Activity
- Day trip
- Taking up a course
- Taking up a hobby
- Joining a gym
- Visiting friends/relatives
- Relaxation therapy
- Or anything that you feel will improve your health or well-being

Local Authority Carers Services

As a carer you are legally entitled to a Carer's Assessment from your local authority to assess your needs.

To request a Carer's Assessment contact:
Bedford Borough 01234 267422
Central Bedfordshire 0300 300 8036



Contact us

Carers in Bedfordshire
Suite K, Sandland Court, Pilgrim Centre
Brickhill Drive, Bedford, MK41 7PZ

Linda Di Michele
Carers Grants Co-ordinator
Tel: 0300 111 1919
Email: linda.dimichele@carersinbeds.org.uk
Web: www.carersinbeds.co.uk
President: Alistair Burt MP

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service (PALS) on 01234 897211.

This leaflet can be produced in large print, audio cassette, Braille and other languages on request.

NHS Bedfordshire
Gilbert Hitchcock House, 21 Kimbolton Road,
Bedfordshire, MK40 2AW
Tel: 01234 897200
Email: enquiries@bedfordshire.nhs.uk
www.bedfordshire.nhs.uk

NHS Bedfordshire regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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NHS

**Bedfordshire
Luton**

A break from your caring role

If your health is affected by caring for someone who would be unable to manage without your help you may be eligible to apply for a carers grant



CARERS IN BEDFORDSHIRE


About us

Carers in Bedfordshire is a not-for-profit registered charity and a member of The Princess Royal Trust for Carers.

We exist to provide unpaid carers and former carers throughout Bedfordshire with help, support, advocacy and training according to their wishes and to involve them in the planning of future services.

What is a Carers Grant?

Carers in Bedfordshire has been given funding by NHS Bedfordshire to support informal unpaid carers of any age who have a long term health condition, or whose health is affected by their caring situation (for example, back injury, stress related illness, psychological ill health) to take a break.

The grant is towards paying for a service or break to support you as a carer to look after your health or well-being.



The Carers Grant cannot be used for something that could be funded by health or social services.

Who can apply for funding?

Carers who without payment (excluding benefits) provide substantial care or support to a child, relative, friend or family member who could not manage without their help, due to frailty or age, mental or physical health problems, disability or addiction.

This grant is not means tested and will not affect your benefits.

How much can I apply for?

- Carers as individuals can apply for up to £200.
- Additional funds may be available in certain circumstances
- Young carers under the age of 18 may apply for a grant via the young carers grant. Please contact Janice Shankland on 0300 111 1919.

How will the grant be paid?

Carers who are awarded the grant will be reimbursed upon a valid receipt of the agreed service.

Carers in Bedfordshire will issue a cheque payable to the travel company, college course, transport company, professional respite carer or the service you have chosen.

Where can I get more information?

To find out more about Carers Grants please contact Carers in Bedfordshire. One of our support workers can contact you by telephone to discuss the grant and also give you information about other services that may support you in your caring role.

How do I apply?

Contact Carers in Bedfordshire on:
Tel: 0300 111 1919.

They will register your details which will be kept confidential.

