

Carefree

Short breaks for unpaid carers



Carefree transform vacant accommodation into vital breaks for unpaid carers.

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing, but our experience shows us that it can make a huge difference.

To qualify for a break, you must be:

- Aged 21 or over
- Full-time unpaid carer (30+ hours per week)
- Able to arrange interim care
- Able to pay for extras (£25 admin fee, transport, food, travel insurance etc.)

To REGISTER, speak to your carer support organisation who may refer you, or sign-up yourself at www.carefreespace.org