

# Take A Break

with Carers Trust Tyne & Wear



Carers are you ready for a break?  
Are you caring for someone in Gateshead?  
Would you like to apply for one?



## Take a break...

**Carers Trust Tyne and Wear Take a Break Service can help you think and plan how to take a break from your caring role to help improve your physical and mental wellbeing. Subject to assessment this can be achieved by planning a break that will support you to achieve a fulfilling life outside of your caring role.**

## Who is a carer and who can access the service?

Carers aged 18+ and living in Gateshead who provides unpaid care to another person aged 18+ who lives in Gateshead. Carers often provide support to people with physical disabilities, substance misuse issues, those affected by mental health illnesses, elderly family members or friends and individuals with learning disabilities.



## Why do carers need a break?

Carers can often experience ill health, financial hardship and social isolation. As a carer it is important for you to think about yourself and how to look after your own physical and mental wellbeing.

# How can this service help?

As a carer you will be supported to plan a break from your caring responsibilities that will be of maximum benefit to you by helping to improve your life quality and allow some time to rest, relax and recharge your batteries.

## How does the service work?

A referral can be made by using the referral form on our website, or by contacting us directly via telephone or email. Carers can self-refer in to this service. A member of the Take a Break Team will contact you to complete the assessment, which is done either over the phone or at the carer's home.

## What is available?

Do something you've always wanted to do, do something you know you will like doing, meet new people, go to a special event, have a few hours away, a day out, holiday or weekend away. Past examples of carer breaks have included coach holidays, theatre vouchers, afternoon teas, gym memberships and respite care for the cared-for individual.

"A wonderful trip - gave me something to look forward to. The weekend was such a break and I felt free!"

"It really does help to have something like this to look forward to, and to have a break"



“I feel human again and am increasing my self-worth. I’m able to get out and about- doing something for me-yippee!”

“Thank you to you and your charity which made it possible to have a break from caring for my mother. We got back feeling totally re-invigorated and relaxed. Great get away spent together with no distractions.”

Contact us now on 01207 549 780  
or visit [www.carerstrusttw.org.uk](http://www.carerstrusttw.org.uk)

# Improving the lives of carers

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