

# HULL ADULT SOCIAL CARE

# A GUIDE TO CARERS BREAKS

People, place and living your best life.

MAY 2025





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## GUIDE TO CARER BREAKS – HUMBER AND NORTH YORKSHIRE 2025

This has been coproduced by Local Authorities within the Humber, Coast & Vale Integrated Care System as part of an Accelerating Reform Fund (ARF) to support innovation in adult social care.



## A GUIDE TO CARERS BREAKS

Caring for someone can be both **enriching and challenging**. As a Carer, it is essential to take time for yourself to rest and recharge to promote your physical and mental health and prevent burnout.

By taking regular or one-off breaks from your caring role may help you reset and continue.



By enabling Carers to plan breaks in advance and to discuss them with families and professionals it aims to prevent crises and reduce the need for a reactive response.

A break is very personal and can mean different things to different people. A break can strengthen and sustain informal caring relationships and enhance the wellbeing of Carers and the people they support. This may be achieved through a service, an activity or the purchasing of an item / equipment.

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To help you make decisions about taking a break, the guide is **divided into two parts**.

**PART ONE** - discusses the different types of Carers breaks available to support you

**PART TWO** - provides ideas for how best to support the person you are caring for while you take a break, making your Carers break a reality.

## WHO IS A CARER?

**A Carer is someone who provides unpaid care to a friend or family member who due to illness, disability, mental health problems and addiction, is unable to manage without their support.**

Carers can be of any age, and can include children, adults, family, sons, daughters, parents, or friends and neighbours. Carers undertake a variety of roles and responsibilities include:

- **Reminding someone or prompting them to complete tasks, such as taking medication.**
- **Helping with everyday tasks, such as getting out of bed or organising appointments.**
- **Personal care, such as bathing.**
- **Emotional support.**

Caring for someone can be both enriching and challenging. As a Carer, it is essential to take time for yourself to rest and recharge to promote your physical and mental health and prevent burnout. By taking regular or one-off breaks from your caring role may help you reset and continue. By enabling Carers to plan breaks in advance and to discuss them with families and professionals it aims to prevent crises and reduce the need for a reactive response.

A break is very personal and can mean different things to different people. A break can strengthen and sustain informal caring relationships and enhance the wellbeing of Carers and the people they support. This may be achieved through a service, an activity or the purchasing of an item / equipment.



## WHAT DOES A GOOD BREAK LOOK LIKE?

**Caring for someone takes a lot of thought and energy, and breaks are vital for your own wellbeing and quality of life.**

An opportunity to rest and regain energy, follow interests, catch up with friends or family and generally enjoy time away from your caring role.

A break can involve taking time off from some or all of your caring responsibilities, being supported to do an activity with the person you care for, or engage in an activity on your own that provides a distraction from the caring role.

It's easy to neglect your needs when focusing on those of another, however after a break, it is hoped Carers feel generally better in themselves, recharged, rejuvenated with a more positive outlook to help in coping with challenging circumstances.

However, accessing a Carer break may not immediately seem of benefit and could even heighten stress and anxiety.

Every circumstance is different; some find Carer breaks useful straight away, while others may not and it is recognised it takes time to get it right and alternative support and care options may need to be explored and tried along the way if things don't go well and/or as circumstances and needs change.

Carer breaks can offer a range of benefits for the Carer as mentioned as well as the person being cared for in receiving support from someone else, enjoying new experiences, a change of scene and routine, and meeting other people. Carer breaks can also be used in testing ongoing or future care arrangements, for example as older family Carers.

Accessing a break may also change when the person you are caring for becomes an adult and the nature of the break may evolve as their needs change. This may be unsettling and challenging, especially if you have been in a routine with Carer breaks until this point.



## DIFFERENT WAYS TO HAVE A BREAK

### Consider the type of break you need:

- An hour each week.
- A day here and there.
- A week or two for a holiday.
- A combination of the above.

### Decide on the nature of your break:

- Go on holiday with the person you are looking after.
- Go away alone.
- Stay at home and rest.
- Take time out while the person you are looking after goes on holiday.

### Reflect on your personal circumstances:

- What is of interest or important to you.
- What you need from the break.



### REGULAR BREAKS

A break can be something ongoing, such as following a hobby or interest. Many Carers consider activities like regular gym visits, golfing, spending time with friends, or having quiet time reading as breaks from their caring role. These short snippets of breaks can be very effective in promoting your wellbeing, allowing you some rest time, and preventing burnout.

### ONE-OFF BREAKS

Some people find that a one-off complete break every so often can be all they need to feel refreshed and reset to continue caring for a long time. For example, the ability to go on a day trip or a holiday without worrying about the person they are caring for once or twice a year can provide the opportunity to relax and promote their wellbeing. These breaks are often single longer stretches but don't have to be.

## LEARNING

### (Work, Training and Volunteering)

Taking a break as a Carer can be beneficial through engaging in work, training, or volunteering. This allows you to make financial contributions, contribute to your pension, and invest in yourself and your future.

## SHARED ACTIVITIES

Shared activities can also be a type of break – and can give a Carer an opportunity to spend time with the person they care for away from the practicalities of caring.



# CARERS BREAKS CONSIDERATIONS

Carers who have helped develop this guide have shared some additional important factors to consider when looking at taking a break -

## COMMUNICATION

Ensure you have a way to communicate with your family or support network during the break (mobile phone with sufficient credit, access to Wi-Fi)

## SAFETY

Ensure travel routes and break location are safe. This includes well-lit areas, safe neighbourhoods, and reliable public transport.

## ACTIVITIES

Plan suitable free or low-cost activities like visiting parks, museums, or community events.

## COST

Consider the financial constraints by looking at affordable options for accommodation, food, and activities. Explore discounts or subsidies available.

## COMPANIONSHIP

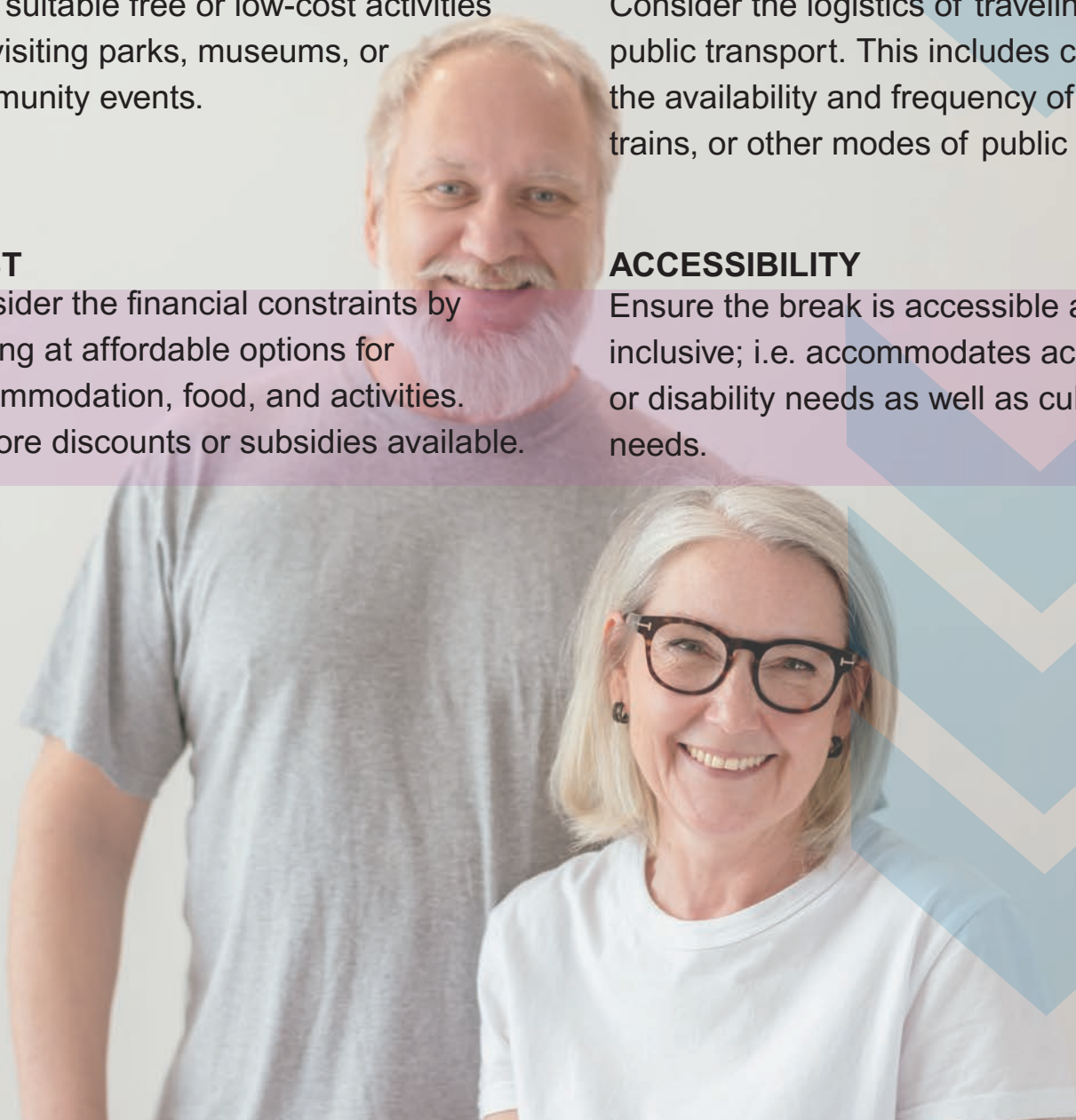
If possible, consider traveling with a companion or in a group to ensure you have support during the journey.

## LOGISTICS

Consider the logistics of traveling with public transport. This includes checking the availability and frequency of buses, trains, or other modes of public transport.

## ACCESSIBILITY

Ensure the break is accessible and inclusive; i.e. accommodates accessibility or disability needs as well as cultural needs.



## SUPPORT TO GET A BREAK

Below are some informal options from your networks which may help you to get a more immediate break. Carers involved in developing this guide have shared their experiences and suggestions for when considering taking a break.

### FRIENDS AND FAMILY

When considering taking a break from caring, it can be helpful to reach out to your network, such as family or friends, for support. However, it may feel difficult or awkward to ask them to step in and take on your caring responsibilities. Even if family and friends have offered help, it can be challenging to feel confident to accept their offers or broach the question.



Carers have shared that discussing their situation with professionals can provide the encouragement and confidence needed to ask for and accept support. This support can enable them to take some time away from their caring responsibilities, whether for a short break or a holiday. The arrangement might involve a family member or friend coming to the Carer's house, or the person being cared for staying with them. This setup can be beneficial for the person being cared for, as they are with someone familiar, and it also offers reassurance to the Carer. **The Jointly app may be a helpful resource.**

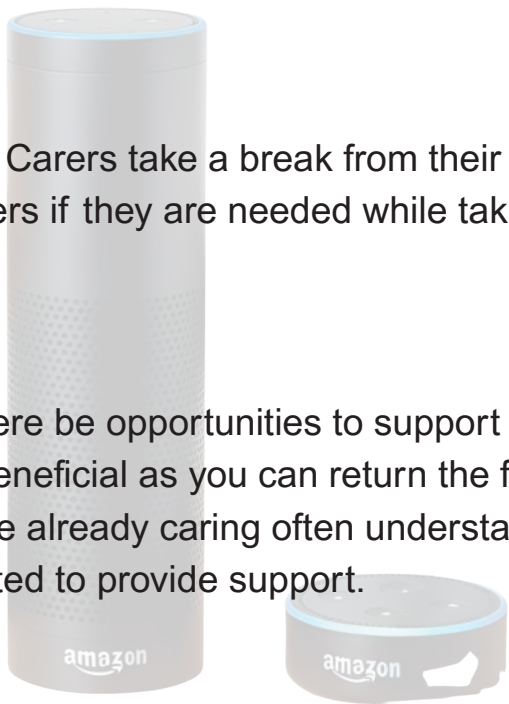
However, it is also recognised that it may be inappropriate to ask someone within your network for help if the person being cared for has complex needs. In such cases, those within your network may not feel comfortable or it may not be practical for them to help due to a lack of skills. Advice on other available options, for example a Personal Assistant can be found in part two of this guide.

### TECHNOLOGY, AIDS AND EQUIPMENT

Different technology, aids, and equipment can help Carers take a break from their responsibilities. For example, alarms can alert Carers if they are needed while taking a bath.

### MUTUAL SUPPORT

You may know people who are also Carers, and there be opportunities to support each other to take breaks. This mutual support can be beneficial as you can return the favour, allowing both Carers to get a break. People who are already caring often understand your role and circumstances, making them well-suited to provide support.



## GETTING HELP THROUGH SOCIAL CARE

Social Services can support you in thinking about what alternative support you may need for the person you are looking after so that you can take a break from caring.

### ARRANGING A CARER'S ASSESSMENT

You can request a Carer's Assessment through adult social care and in some cases local Carers Centre, even if the person you care for does not receive any services. Assessments are free and available regardless of the amount or type of care you provide, your financial means, or your level of need for support. You do not need to live with the person you are caring for or be a full-time Carer to have an assessment. You may be juggling work and care, which impacts sometimes significantly on your life. If you and the person you are looking after agree, a combined assessment of both your needs can be done at the same time.

An assessment will help you evaluate your caring role and its impact on your life and wellbeing. It covers various aspects; feelings and choices about caring, how you manage work, study, or training, your interests and access to leisure, personal relationships, social activities, and home maintenance. Additionally, it supports you in thinking about your goals and planning for emergencies.

Your local council or **Carers Information Support Service** can provide details and arrange a **Carer's Assessment** to determine if you are eligible for formal support. If eligible, the council will provide a personal budget that can be paid to the Carer in the form of a direct payment. The Carer can then decide how to spend the money, further details can be found on the next page.

If you are not eligible for help from Adult Social Care, they will explain why and refer you to other organisations and services that might assist you. You can still access the local Carers Information Support Service even if you are not eligible for help from Adult Social Care.

If your caring responsibilities change, you can repeat the assessment process. Additionally, you may be eligible for financial support through local or National Carers Services.



## ASSESSMENT FOR THE PERSON YOU ARE LOOKING AFTER IF THEY ARE AN ADULT AGED OVER 18

If you need longer or more regular breaks, it may be worth consider if the person you are looking after would benefit from an assessment to consider alternative care that they will need to allow you to take a break.

**Note:** If you have already had any of these assessments, but you need more support, ask Adults Social services to carry out a reassessment.

A range of factsheets on assessments can be found at [Quick guide to eligibility outcomes under the Care Act 2014 – SCIE.](#)

## ASSESSMENT FOR THE PERSON YOU ARE LOOKING AFTER IF THEY ARE UNDER THE AGE OF 18

If you need longer or more regular breaks, it may be worth consider if the person you are looking after would benefit from an assessment to consider alternative care that they will need to allow you to take a break.

**Note:** If you have already had any of these assessments, but you need more support, ask Adults Social services to carry out a reassessment.

A range of factsheets on assessments can be found at [Quick guide to eligibility outcomes under the Care Act 2014 – SCIE.](#)

## CARER'S DIRECT PAYMENT

Following eligibility for help via a Carers assessment through your local Council a personal budget can be paid to the Carer in the form of a direct payment. A Carer's direct payment is a one-time payment that helps Carers take care of themselves and can be used for a variety of things, such as: driving lessons, a break away, and the gym. Direct payments are not considered income and will not affect other benefits a Carer may be receiving. The Carer can then decide how to spend the money. [Carers UK](#) is an organisation that supports unpaid carers by providing funding, programs, and raising awareness. They also partner with local Carer organisations.

## EMPLOYING PERSONAL ASSISTANTS

Information on what you need to do to employ a personal assistant using your direct payment or independently can be found further within this guide 'Recruiting Help Yourself'.

## THE DIFFERENT TYPES AND EXAMPLES OF CARER BREAKS

### USE OF EQUIPMENT

My partner has severe anxiety and memory loss and finds it difficult to walk. She quickly gets worried when I'm not there for any length of time, panicking that I've left and something will happen. Recently, I used a direct payment for myself as a Carer to buy some call monitor units. I've put these in the room my partner sits in, and at points in the house where I can't easily hear her call. When she gets worried now if I'm in the bathroom, for example, I can use the monitor to reassure her and update her.



It means I can step away when needed and that she doesn't need to be constantly settled when I return. It's made being in the house and getting jobs done possible, which is a relief.

### HAVING A SHORT BREAK FROM CARING

My family are Bangladeshi and we support our son who has a learning disability and physical needs which mean that he has limited mobility. As a family we have always provided around the clock care for him with some support from outside agencies as he often needs care from two people. Due to his needs, we have often missed key family celebrations and don't get the time we would like to have a break away from the home and caring for him 24/7. A family wedding came up and this was an opportunity for us to do something focussing on ourselves and our family.

We were supported to look for some assistance from an agency to support him in our absence. The council supported us to look for support which met our cultural needs, we were apprehensive about utilising support other than family but felt the agency fully understood and supported us through my anxieties and we were able to have a weekend away. The connection with family and the rest from caring, alongside a few full night's sleep, gave us the energy to reset, which made all the difference.



## VOLUNTEER OPPORTUNITY

**I care for my husband who has a degenerative condition.** Having made the decision to give up work to care for him, I recognised that my world was shrinking. I realised that I needed to find a way to have some breaks, to enable me to do just a few 'normal' things – go out for a coffee, take the dog on a long walk, have a bit of quality time for myself. My husband also expressed a need for some input from the outside world.

Initially, the support from the **local Carers Break Service** opened up on-line activities that both myself and my husband could take part in. We both really enjoy our regular involvement with the virtual walks – we now feel connected to others and really feel a part of something. The organisation has also arranged for a volunteer who will spend time at home with my husband every fortnight. **This has made a huge difference** and means I can now plan when I'm going out, with the reassurance of knowing my husband is in great, supportive company.

**With the support of the local service, I definitely feel less alone, much more connected to the outside world and with a bit of vital 'me time'.** It has also importantly improved our relationship, as we now have other things to talk about, that are not health related. It has brought a fresh energy into the house. I don't worry or feel guilty because I know he feels safe and secure without me being there.

## YOUNG CARER

Joe, 12, cares for his mum and worries about leaving her. He felt disconnected from peers until referred to the local carers centre. After a young carers assessment, he joined the Young Carers Service and met with a worker at school.

They addressed his worries and encouraged him to join young carer groups. The service provided a games console, allowing Joe to connect with friends online. Now, he regularly attends young carer groups, has made friends who understand his situation, and enjoys time away from home and online gaming.

### IMPACT ON JOE

Connecting with other young people has improved his emotional and social wellbeing. Opportunities at Young Carer groups include activities such as sport which improve his physical and emotional health.

### IMPACT ON MUM

Mum feels happy that Joe has an outlet and someone outside the family to talk to. She worries less about needing his care and support. The family are less fearful about accepting support from services.

## PART TWO

# SUPPORT FOR THE PERSON BEING CARED FOR DURING A CARERS BREAK



# WHAT THE PERSON YOU CARE FOR NEEDS

Taking a break when you're a Carer can be a crucial part of maintaining your own well-being. It's important to plan ahead and ensure that the person you care for is supported while you take time for yourself. There are different types of support to have a break depending on your circumstances and who you are caring for.

The guide provides some ways to make sure they're well cared for and that you can take your break with peace of mind.

## ARRANGEMENTS FOR THE PERSON YOU CARE FOR

The different types of support you may want to think about include -

### PERSONAL ASSISTANT SUPPORT (PA)

This is where you employ someone to provide personal assistance support. This is 1-to-1 support for the person you care for, which can enable you to have a break or support you in managing your caring role. PAs sometimes go on holiday with the family to enable the Carer to have reduced responsibilities

### SHARED LIVES

This is when the person you care for stays in the home of and shares the life of a Shared Lives Carer, providing a break to unpaid family Carers. This might be for a weekend or maybe one or two weeks. This arrangement also helps with long-term succession planning for older family Carers.

### DAY CARE AND OPPORTUNITIES

Where the person you are looking after goes to a day centre or takes part in activities away from home allowing you a break from caring.

### DAYTIME SITTING SERVICE

Where someone will come into your home to allow you a break to have time for yourself.

### NIGHT-SITTING SERVICE

Where someone will come into your home to allow you to have a proper night's sleep.

### RESIDENTIAL OR NURSING CARE

Where the persons you are looking after goes for a short stay in a residential setting or a nursing or care home.

## PERSONAL ASSISTANTS

A **Personal Assistant** can be employed directly by the Carer or through an agency, depending on the arrangement.

Before approaching agencies, be clear about the kind of care you are looking for and when you need it. Check that they deal with private clients like yourself and can provide the kind of care you need. Although using an agency is usually more expensive than recruiting a paid care worker yourself, it can make managing care easier because the agency will -

- Take care of the paperwork (Disclosure and Barring Service checks)
- Deal with an employee's tax and National Insurance
- Check references
- Provide a backup if an employee is ill or unsatisfactory
- Deal with auto-enrolment pension duties.

If you are **thinking about employing a paid care worker directly**, it is important to realise that you will be taking on the responsibilities of an employer, for example you would need to -

- Confirm your employees' references
- Pay statutory sick pay if an employee is ill
- Pay maternity, paternity and adoption pay
- Ensure that your employee's tax and National Insurance are paid correctly
- Check that your employee has the right to work in the UK
- Take out insurance to cover any accidents an employee might have in your home
- Ensure that you comply with your auto-enrolment pension duties.

**When recruiting we recommend you ensure you are confident of the following -**

- The person you are employing has the right level of training to support the person you care for
- They have the right insurances to cover the care they are delivering
- They have an up-to-date DBS check in place to offer assurance around safeguarding
- You would also need to be familiar with law on disciplinary and grievance procedures, redundancy procedures and health and safety requirements. All of this may sound complicated, but there is help available to guide you through and it is a good idea to get advice before you start

*It was suggested that we may **benefit from a PA to enable my mum the opportunity to get out into the community** whilst I was able to enjoy some free time from caring. I was a little hesitant at first, but I used the support available to recruit a PA and am now managing the employment side of things with the support of an agency.*

*The **PA has become a "friend" to mum**, and she doesn't see it as a service but as a chance to get out for a coffee or shopping. The time she has this support, my mind is at rest and I can focus on myself and my family. **It makes a real difference to mine and her week!***

## BENEFITS OF EMPLOYING A PERSONAL ASSISTANT DIRECTLY

- **More Control** - The Carer has greater flexibility in choosing a Personal Assistant based on specific needs and preferences
- **Stronger Relationship** - Direct employment may develop a closer working relationship, building trust and communication
- **Tailored Support** - The Carer can tailor the assistant's tasks to their exact requirements

## BENEFITS OF EMPLOYING A PERSONAL ASSISTANT THROUGH AN AGENCY WHICH CAN HELP YOU WITH RECRUITMENT AND EMPLOYING SOMEONE

- **Skills and Experience** - Agencies have specialised knowledge and can complete background checks and vetting and can support in matching the right assistant to the Carer's needs
- **Reliability** - Agencies can provide replacements or backup staff in case the personal assistant is unavailable
- **Administrative Support** - Agencies manage payroll, taxes, and other legal requirements, reducing administrative burden for the Carer

## WHEN RECRUITING WE RECOMMEND YOU ENSURE YOU ARE CONFIDENT OF THE FOLLOWING:

**The person you are employing has the right level of training to support the person you care for.**

- They have the right insurances to cover the care they are delivering
- They have an up-to-date DBS check in place to offer assurance around safeguarding
- You would also need to be familiar with law on disciplinary and grievance procedures, redundancy procedures and health and safety requirements. All of this may sound complicated, but there is help available to guide you through and it is a good idea to get advice before you start



# CARERS ALLOWANCE AND OTHER BENEFITS

Payment of benefits can sometimes be affected if you take a break or you or the person you are looking after goes into hospital or residential care.

## CARERS ALLOWANCE

Carer's Allowance can be paid during breaks in care. You can have up to a total of 4 weeks' break in any 26-week period and be paid Carer's Allowance during these breaks. The breaks can be for any reason. For at least 22 of the past 26 weeks, you must have been providing 35 hours or more of care a week.

If your Carer's Allowance stops due to a break in care you may be able to claim Carer's Credit to protect your National Insurance contribution record during the break. For further information please contact your **local Carers Service**.

You should also let the relevant disability benefit office know about any time spent in hospital or a care home. Other benefits can also be affected by a stay in residential or hospital care. For more information, seek advice from your local advice centre, which you can search for at **Advicelocal**.

## GETTING A BENEFITS CHECK

You may be missing out on some benefits that might help to pay for extra care. You can arrange a benefits check by contacting Carers UK Helpline team **advice@Carersuk.org**.

They will need to ask you some questions about your current circumstances to help. Note - you can also get a personalised benefits check online, for example at **Benefits calculator | Carers UK**. This will take about 20 minutes to complete.

These online tools are not suitable for everyone. You may be able to get face-to-face benefits help from a local advice centre such as your local Citizens Advice, Age UK, Carers' organisation or disability charity. Search for local advice centres at **Advicelocal**.



## CARERS BREAKS AND DISCOUNT INFORMATION

There are many sources of Carer breaks and Carer discounts available both nationally and locally, some examples of which are provided below.

- Carer discount opportunities may be available in your area with local businesses offering discounted hospitality, tourism and leisure opportunities.
- **CarerSmart** open to Carers, people with care needs and staff and volunteers. Joining is simple and free and members are able to benefit from a wide range of offers
- Cash back on shopping from numerous high street retailers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free and discounted legal advice services
- Further information on breaks can be found on **Carers Trust website** and lists family fund, family holiday association etc
- Hull Carers Card - information and how to apply for a carers card can be found on **Carers Information Support Service website**

**copy**



**Carers' Information & Support Service**

**Hull City Council**

# Carer Card

Name: .....

Reference no: .....

**chcp**

If found please call  
01482 222220

**NHS**  
Hull  
Clinical Commissioning Group

## GETTING ARRANGEMENTS RIGHT

Here are some key tips for arranging a carer's break:

1. Plan in advance: Ensure smooth arrangements by checking catering and accessibility if traveling with the person you care for.
2. Provide information: Leave detailed instructions for alternative carers, including meal preferences, medication schedules, and emergency contacts.
3. Emergency plan: Review any emergency plans with the alternative carers. A guide can help with this on the [Carers UK website](#)
4. Contingency plan: Consider having someone on standby.
5. Clarity of plans: Ensure clear understanding of timescales, processes, and finances.

Taking breaks can help you continue caring effectively. Keep trying different arrangements until you find what works best for you.

### PARENT CARER OFFER

The assessment process for a Parent Carer is different from that of a Carer under the Care Act

- Legislation: Parent Carers are assessed under different laws, so the rules and guidelines may vary
- Formal and Informal Matters: For Parent Carers, formal issues are usually handled by the Council, while informal ones are managed elsewhere. This distinction is less clear for Carers under the Care Act

The requirements for accessing Parent Carer breaks can differ for Young Carers and Parent Carers. It's crucial to find the right support for your child, which might involve getting specific help tailored to their needs, recognising this process may take some time.

It's important to recognise the challenges for a Carer who looks after more than one person. This might mean dealing with different services for each person, such as caring for both an adult and a child, which requires working with two separate services to get a break.

### YOUNG CARER OFFER

Local authorities, Young Carers services, and schools work together to support Young Carers by:

- Assessment: Identifying needs and finding support.
- Group Activities: Offering breaks from caring.
- Friendship Support: Helping make new friends.
- Education Advice: Supporting education and transitions.
- Information Sharing: About helpful services.
- Community Activities: Identifying local activities.

#### Schools and organisations also:

- Run Young Carers' groups and activities.
- Secure external support.
- Create holiday activity packs.
- Provide transition support.
- Offer information and support to parents.

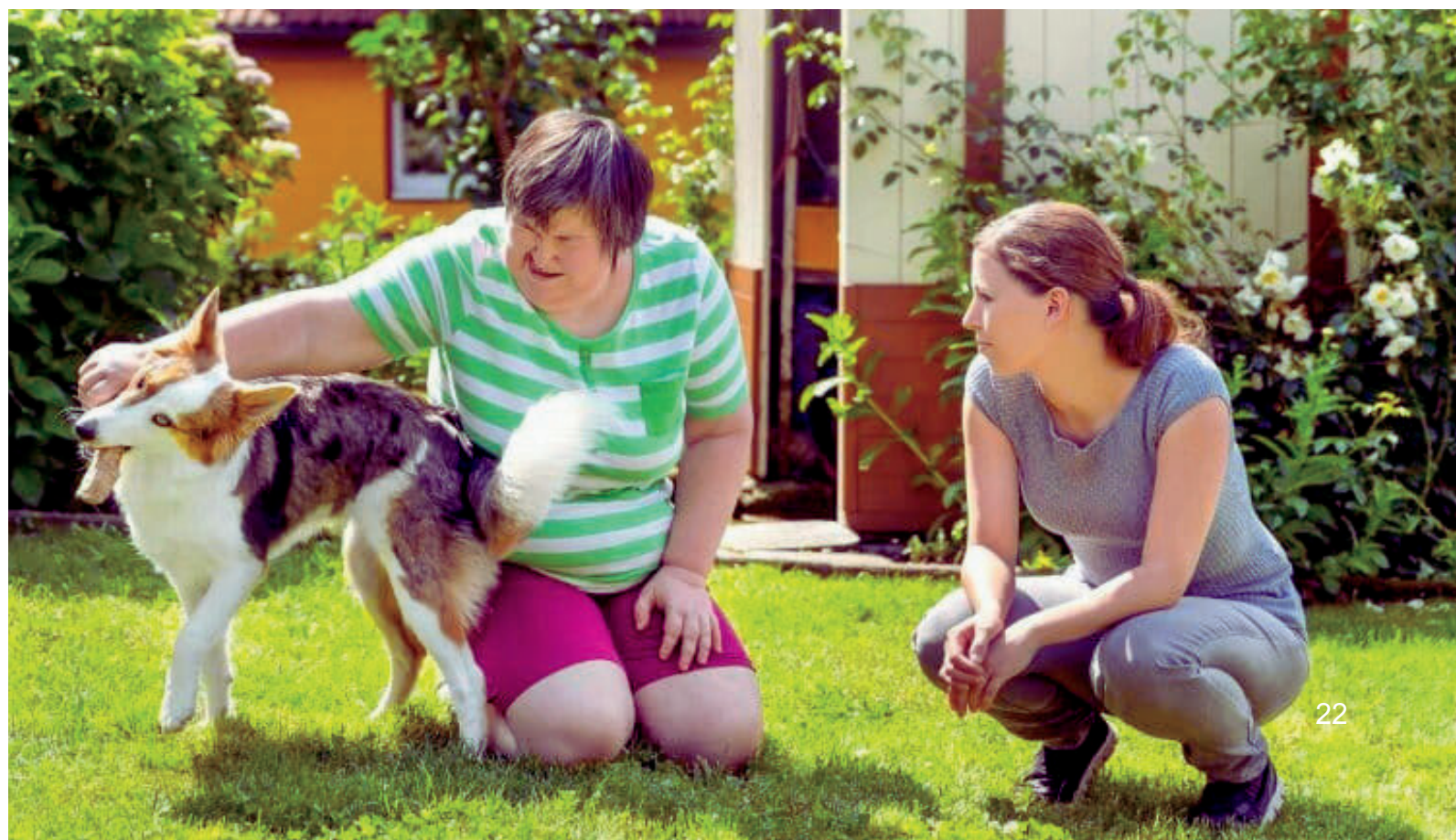
## PARENT CARER BREAKS

Being a parent means you play a lot of roles, and if you are a parent caring for a child with additional needs, the challenges you face are naturally even more complex. For example, Parent Carers may face significant challenges in navigating the education system and securing appropriate support for children with special educational needs and disabilities (SEND).

It can be tricky at times to prioritise your own wellbeing when focused on caring for your child, but taking care of yourself as a Parent Carer is hugely important. Looking after yourself means you can sustain your caring role in the long term, and one way to do this is by accessing alternative care.

There are a wide range of ways to access a break which are designed to help you to recharge your batteries and look after your own needs. It is important that you find ways to access a break in ways that work for you, your child and your family.

- **Accessing a respite service** – You might access respite independently or through a service, and this respite can vary in length, from a couple of hours each week, to a weekend, or even several weeks at a time
- **Accessing support at home** – Support inside your own home through a paid care attendant or sitting service, or through asking a trusted friend or family member to step in, can give you a break and allow you to dedicate time to another child or have time for yourself
- **Organising a day trip** – A day trip or family holiday where a key element is extra support available for the caring tasks could also mean you are able to enjoy quality time as a family in new ways
- **Support for your child** – Depending on the age of your child and the services on offer in your area, befriending schemes mean a trained volunteer or worker takes your child somewhere they would enjoy, like a concert or other fun activity, leaving you time to do something different
- **Support for you** – Other Parent Carers also say that joining local Parent Forum Groups, where you can meet other parents of children with additional needs, can also be very comforting and useful in terms of feeling relaxed and recharged



## ADDITIONAL RESOURCES AND USEFUL LINKS

### NATIONAL RESOURCE

- [Carers UK](#)
- [Carers Trust](#)
- [CareFind](#)
- [Shared Lives Plus](#)
- [Meals on Wheels](#)
- [Jointly app for Carers](#) | [Carers UK](#)
- [Jumbulance – Accessible holidays](#)
- [How Carefree works](#): affordable breaks for unpaid carers
- [Care Choices](#) | [Find Care Homes](#), [Care Providers](#), [Information and Guidance](#) [Family Fund](#) (grants towards cost of holidays for families on a low income caring for a child with severe disability)
- [Hft](#) | [Family Carer Support](#) | [Holiday Information Guide](#) for people with learning disabilities, carers, organisations and support groups.
- [Welcome to Family Holiday Charity](#) | [Family Holiday Charity](#) provides breaks at holiday sites, or grants to help with the cost of a holiday, to low-income families in need of a holiday away from home. You need to be referred by your social worker, GP or health visitor, or by a charity or other welfare agent.
- [After Umbrage – UK Charity – Caring for those that care](#) – provides free, short breaks for anyone who has been caring for someone with a life limiting condition

### HULL

- [City Health Care Partnership](#)
- [Live Well Hull](#)
- [Hull SEND Local Offer](#)
- [Hull SENDIASS – Kids](#)

### VISIT CARERS BREAKS INFORMATION ON LIVE WELL HULL TOO!

**Live Well Hull** is a one-stop information, advice and support website for adults of all ages, abilities and backgrounds.



SCAN ME



## **Accessibility**

If this document does not meet your accessibility requirements, or if you need information provided in a different format (such as an accessible PDF, large print, easy read, audio recording or braille) please contact

**Adults Delivering Differently** at -

**email:** [Adultsdd@hullcc.gov.uk](mailto:Adultsdd@hullcc.gov.uk)

**telephone:** 01482 300 300