



Would time out from caring benefit you?

Carers Outreach Service has **880 hours** of respite to award to Gwynedd carers before the end of March 2018.

We are awarding '**respite vouchers**' to carers; there is no strict criteria to qualify. We just want carers to have quality time for themselves, whenever that may be and whatever that may mean for them.

Your dependent does not have to be receiving a care package to qualify!

Some examples:

- Have an extra free hour a week over 12 weeks
- Have time to clean the house or visit the hairdresser
- Go to a wedding or other event
- Go to visit friends
- Additional support at a time of crisis
- Overnight Break
- Parents evening/ school meeting
- Christmas shopping
- Additional support for a short period of time, over and above your care package

We can give you details of local providers if you don't already receive a service.

You arrange it, we pay for it!

Please note, if you do not take advantage of this additional funding, it will be returned to Welsh Government. Please use this service and show that all carers need and deserve time to themselves.

For more information contact our Bangor Carers Hub on 01248 370797 or email help@carersoutreach.org.uk

