

You can decide for yourself what kind of break would suit you and your individual needs.

Apply if you:

- are a carer in need of a break
- live in Fife
- or are a young carer caring for either children or adults

Priority will be given to caring relationships under strain and to those carers whose wellbeing and health would benefit from a break.

### Contact us for more information

For an application form, help and support contact Fife Voluntary Action by:

**t:** 0800 389 6046 or

**e:** [creativebreaks@fva.org](mailto:creativebreaks@fva.org) or

visit Fife Voluntary Action's website

[www.fva.org/shortbreaks](http://www.fva.org/shortbreaks)

Alternatively you can talk to staff at:

Fife Carers Centre **01592 205 472**

Fife Young Carers **01592 786 717**

Crossroads Fife Central **01592 610 540**

time to live



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# Unpaid Carers' Creative Breaks Fund

supporting Unpaid Carers in their valued role

with grants of up to £500 for carers to spend on yourselves to have a break from your caring responsibilities

time to live



Do you need some time to yourself, or time with the person you care for where you have the chance to break out of your normal routine?

Is your caring role affecting your ability to enjoy life?

Are you experiencing stress that is influencing your own mental wellbeing?

Is your caring role fragile and at risk of collapse?

# What does a break look and feel like to you?



Night school classes?  
Creative holiday?  
Swimming lessons?  
Gardening equipment?  
Gym membership?  
... or something else?



get inspired **with up to £500**

Your wellbeing is important too!