Are you looking after an adult relative or friend? Do you find it difficult to have time to yourself?

Relieve the pressure
Take a break
Time for you
Health and wellbeing

If so, we may be able to help…

Harrogate District T: 01423 500555
Craven District T: 01756 700888
Selby District T: 07522 238116
What is Carers’ Time Off?

Carers’ Time Off is part of the Carers’ Resource and is a short break/sitting service to enable carers to have a break from their caring commitments.

The service is provided by volunteers and offers carers a break of 2-3 hours during the day, evening or weekend, in or outside the home, on a regular or occasional basis.

We aim to be as flexible as possible to match the break to the carer’s needs and provide a positive experience for the person being cared for.

We work closely with carers, their relatives and friends, health and social care professionals and other voluntary organisations.

Who is it for?

Carers’ Time Off is a service for carers who care for an adult relative or friend who due to disability, frailty, ill health or mental health condition, dementia or addiction cannot cope without their support.

To be eligible carers should have had or be in the process of having a Carers’ Assessment (we can help with this if necessary).
How does it work?

Once a carer has made contact or has been referred to us:

▶ we meet with the carer and the person they care for to discuss their needs so that we can place the right volunteer

▶ once a volunteer has been matched, we arrange an introductory visit where arrangements are mutually agreed

▶ the team regularly review and monitor all arrangements to ensure that a suitable service is provided
Volunteer, Ian visits Stuart and they talk about their shared passion for trains to give Stuart’s wife some time for herself.

Hettie visits Ralph who has dementia. She takes him swimming to give his wife, Lynda, a break.

Lynne visits Joan to give Joan’s daughter a couple of hours off each week.
Our volunteers:

- are carefully selected and are both men and women of all ages
- may have had caring experience themselves or have worked in a caring profession
- are interviewed and have a Police DBS and references check
- have an understanding of the issues faced by carers and a desire to support them

How much will it cost?

There is no registration fee and no charge for the service but we do welcome donations to help cover volunteers’ expenses.

Donations can be sent to the addresses overleaf.
Please contact Carers’ Time Off for further information

**Harrogate District**
11 North Park Road
Harrogate HG1 5PD
T: 01423 500555

**Craven District**
Ronaldsway House
36 Brook St
Skipton BD23 1PP
T: 01756 700888

**Selby District**
Community House
Portholme Road
Selby Y08 4QQ
T: 07522 238116

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The Carers’ Resource is a charitable company limited by guarantee.
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