

carers' resource

Carers' Time Off



Carers' Time Off offers those people looking after an adult relative or friend an opportunity to take a break and have some time for themselves.

What is Carers' Time Off?

Carers' Time Off is a service offering short break opportunities 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.



**Dawn
Tesseyman**

Project Manager,
Carers' Time Off

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

Gary and Ian go cycling together



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

Carers'
Time Off
volunteers
catching up



How much does the service 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 on the back of this leaflet.

**Please contact Carers' Time Off
for further information:**

Harrogate

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

Skipton

Ronaldsway House
36 Brook St
Skipton BD23 1PP
Tel: **01756 700888**

Selby

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

**E: carerstimeoff@carersresource.org
W: www.carersresource.org**

A Network Partner of



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