

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



Please contact us if you are interested in becoming a volunteer befriender

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

3 Grove Park Court
Grove Park Terrace
Harrogate HG1 4DP

Skipton

Ronaldsway House
36 Brook St
Skipton BD23 1PP

Selby

Community House
Portholme Road
Selby YO8 4QQ

T: 0808 50 15 939

E: carerstimeoff@carersresource.org

W: www.carersresource.org



The Carers' Resource is a charitable company limited by guarantee.
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Registered office: Unit 3, Grove Park Court, Grove Park Terrace, Harrogate HG1 4DP

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 Paula takes Michael to the library to give his mum time to go to the gym



Peter and Ivan go cycling together



Carol visits Mandy to give her daughter a couple of hours off each week