

What is Carers' Time Off?

Carers' Time Off gives carers a chance to have a break from their caring responsibilities while a volunteer takes their place.

It enables carers to have a life of their own; participate in activities; reach goals they have set for themselves; and support their own wellbeing.

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

This can include:

- Staying inside for a chat
- Playing scrabble or enjoying craft
- Visiting a garden centre
- Going for a walk



Who is it for?

The service is open to anyone over 18 who is looking after an adult with a physical, mental or learning disability; or suffers from substance misuse, dementia or a life limiting or terminal illness.

Find out more at: www.carersresource.org

email: carerstimeoff@carersresource.org

Craven: 01756 700888

Harrogate & Selby: 01423 500555

Our volunteers

- are carefully selected and are men and women of all ages
- may have caring experiences themselves or have worked in a caring profession
- are interviewed and undertake a 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 does it work?

Once we have received a request for support for Carers Time Off and established that this is an appropriate service:

- we meet the carer and the person they care for to discuss their needs so 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

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



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

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