

CAREFREE BREAKS - <https://carefreespace.org/take-a-break/>

Free accomodation for unpaid carers!!

How it works

ACCOMMODATION

Thanks to the generosity of Carefree's Hospitality Partners, they are able to offer short breaks at minimal cost for full-time unpaid carers in need of some time off. There are two options:



- HOTEL: 1-3 nights with 1 companion (adult or child). Twin or Double room. Breakfast included.
- HOLIDAY COTTAGE: 7 nights with 1 adult companion and/or up to 2 children. Self-catering.

REFERRALS - Carers Hub can make referrals to CareFree Breaks on behalf of the carer. **Nottinghamshire Carers Hub** are registered referrers with Carefree - call us on 0115 824 8824 or email nottinghamshirehub@tuvida.org

COSTS - there is no charge for the accommodation but you are responsible for all other costs (transport, food, travel insurance etc.) and there's a £25 admin fee to help with the cost of operating our charity.

CARE-FREE - the short breaks initiative is specifically designed to give carers some time away from their caring responsibilities. You are welcome to take a companion with you but not the person that you care for. If you can't go away for more than one night, that's OK. If you want to travel alone, that's fine too.

ELIGIBILITY - to qualify for a break you must be:

- Aged 18+
- Full-time unpaid carer (30+ hours pw)
- Able to arrange interim care
- Able to pay for extras (admin fee, transport, food, travel insurance etc.)



Please note: only one carer per household can sign up with Carefree, so if e.g. you and your partner both care for your child, only one of you should self-refer. (You will however, be able to bring a guest, which could be your partner, along with you to your break).