



Care for Carers
Supporting those who care for others

carefreebreaks

Carefreebreaks Programme Carer Registration Form

Please keep my details on your Carefreebreaks Programme database and add me to your mailing list.

I am an unpaid carer, caring for at least 35 hours per week

I feel I would benefit mentally and/or physically from a break

I am able to arrange care or respite cover for the period of the break

I understand only the accommodation is free, not travel or catering

Name:

Address:

Telephone:

Email:

Date of Birth:

My caring situation is...

I can confirm I am over 16 years of age. By signing this form I am giving you permission to pass my details including my email contact to Carefreebreaks in relation to short breaks for unpaid carers.

Signed

Dated

Please return this form to Care for Carers, St Margaret's House, Room 4.25,
151 London Road, Edinburgh, EH7 6AE Tel: 0131 661 2077 Email:
admin@care4carers.org.uk