



Care for Carers
Supporting those who care for others



Care for Carers and Edinburgh Young Carers Project

Respite Programme for Carers

What is Respite?

Respite is a short break programme managed in Scotland through Shared Care Scotland. It matches Scottish Hospitality Providers who are willing to donate or gift a short break, a day out, a meal out, a family experience or a longer holiday break for unpaid carers and their families and friends.

Services which are offered as part of the Respite Programme are free or have a very small cost contribution for carers.

Care for Carers and Edinburgh Young Carers Project have been invited to become a member of the Respite Programme. This means that all carers, their families and friends who are involved with us as organisations in Edinburgh will be able to access the Respite service through us.

You never know what is going to be on offer next! It could be a 3 night break in the countryside, or tea for 2 at the Sheraton.

How will it work?

If you are interested in some of the Respite on offer then complete and return the attached Respite Programme Carers Registration Form.

We will then keep your details on our database for the programme and contact you about up and coming offers or short notice places or events. The booking system to take up an offer is online but we can help you with this if you do not have access to a computer or the internet at home.

The breaks on offer are not organised by Care for Carers or Edinburgh Young Carers Project. Once you have made a booking for a service it is up to you to organise the details of taking it up, such as travel etc. We can support you with the online application process but you have to feel confident taking up the break or activity on your own or with your family and cared for person.

You must notify us ASAP if you have booked a break and can no longer take it as it will go back into the system and another carer and their family may benefit.

How you can help.

The Scottish Hospitality sector has been very generous so far in donating some great breaks for carers. But the team at Shared Care Scotland are always looking for new opportunities, maybe you have a connection in the family, know of a carer friendly service provider, or know somebody with a business who might be interested in giving something back? This is the way that most of the providers have got involved, so have a chat, and if you know somebody who can offer a break or you have an idea then contact Gill Brittle who runs the programme on gill.brittle@sharedcarescotland.com Tel: 01383 622462. I guarantee she will be delighted to hear from you.



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