



Carefree Programme Carer Registration Form
Please keep my details on your Carefree Programme database and add me to your mailing list.

I am an unpaid carer, caring for at least 30 hours per week

I am aged 18 or over

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

I have sufficient means to cover the £25 registration fee and food/travel costs (this is a one off admin cost only if a break is taken) (the accommodation is offered free of charge)

Name	
Address	
Telephone	
Email	
Date of Birth	
My caring situation is.....	

I can confirm I am over 18 years of age. By signing this form I am giving you permission to pass my details including my email contact to Carefree 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: carefree@care4carers.org.uk



Care for Carers
Supporting those who care for others



Give yourself a breather. Time and space to look after your own wellbeing. We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders.

What is Carefree? Thanks to the generosity of their Hospitality Partners, **Carefree** 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 – 3 nights with 1 companion (adult or child), twin or double room with breakfast included
- Holiday Cottage – 7 nights with 1 adult companion and/or up to 2 children, self-catering

Reservations – Short breaks can be reserved through their online booking platform where you will find a selection of hotels and holiday cottages throughout the UK. Where, when and for how long, the choice is yours.

Costs – There is no charge for the accommodation, but you are responsible for all other costs (transport, food, travel insurance etc) and there is a £25 admin fee to help with the cost of operating their charity, payable when you make a booking.

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 for the full 3 or 7 days, that's ok. If you want to travel alone, that's fine too.

Eligibility – To qualify for a break you must be:

- Aged 21 or over
- Full-time unpaid carer (35+ hours per week)
- Able to arrange interim care
- Able to pay for extras (admin fee, transport, food, travel insurance etc)

How do I get started?

Once you have completed and returned the registration form, we will register you with Carefree, who will contact you **when offers become available**. If you are offered a break the information will be sent to the email address you have given us so it is really important to let us know if your email address changes. All correspondence and booking information will come via your email contact so it must be an email that is checked often.

Please fill in the attached registration sheet if you would like to register with us. **Places are limited and returning the registration form does not guarantee you a place. Please give us a call if you have any queries.**

Contact carefree@care4carers.org.uk or telephone 0131 661 2077