

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

Free accommodation 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. **TuVida Berkshire Carers Hub** are registered referrers with Carefree – call us on **0118 324 7333** or email berkshire@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 21 or over
- 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).