

Taking a Break

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Taking a Break

Taking a Holiday

All carers need a break at times. The needs of each carer vary. You may require an hour or two off each week or a total break for a fortnight. You can then choose what you would like to do with your time - whether it's relaxing, going shopping, meeting friends, or going on holiday. You should not feel guilty about this.

Practical Tip:

Remember the person you are caring for will also gain new friends, contacts, interests and perhaps secure increased independence that will help them.

The previous two sections have pointed out some ways of getting a short break - either at home or away from the cared person. It may be useful, if you have not already done so, to read these sections first before reading on.

This section offers some ideas in relation to holidays together or apart.

Firstly, give serious thought as to whether you feel it is best to go on holiday with the person you care for or on your own.

Separate holidays may:

- give you more to talk about afterwards;
- increase both your, and the cared for person's, confidence;
- give you a chance to catch up with family and friends.

Holidays together may mean:

- you can spend time together in places you both enjoy;
- less to worry about as the person you care for is with you;
- it is likely to be a cheaper and you have more options of where to go
- more to organise;

Please see contact sheets for useful organisations who can help with arranging a holiday.

Funding the cost of a Holiday

Benefits Agency

The Benefits Agency does not give money specifically for holidays. However, if the person you care for has a low income they can claim towards the cost of a stay in a place registered as providing care.

If you, or the person you care for, are on Benefits it is wise to obtain advice about whether your benefit will be affected by going on holiday.

Pembrokeshire County Council - Social Care and Housing

The Welsh Assembly Government has made money available to each local authority to offer carers a break. This is the Carers Grant. Priorities have been set for the breaks as the finance is limited. You can ring Pembrokeshire County Council on 01437 764551 and talk to the Carers Assessment Worker for further information.

The Carer's Development Worker at PAVS co-ordinates a holiday break project where carers can apply for up to £200 towards the cost of a holiday. For more information contact PAVS on 01437 769422.

Other Sources of Funding

There are numerous trust funds both locally and nationally which may offer assistance towards a holiday if you are on a very limited income. Some trusts allow you to apply direct while others require a referral from a social worker, doctor or nurse. Many trusts receive a large number of applications and often their funds are exhausted early in the year. Ask your social worker, Citizens Advice Bureau, or try your local library who should have trust guides published by The Directory of Social Change.

It may also be worth ringing any help lines that are appropriate to you to see if there are any specific holiday funds. [See Contacts Section]

Practical Tip:

Begin your plans very early for a summer holiday.

Social and Leisure Activities

It is not always easy to find out about activities in which you and / or the person you care for can take part. It is important if at all possible, to find or maintain outside interests. These may be things you do together or separately.

Maintaining Outside Interests

If before you became a carer, you were involved in any social or leisure activities outside the home try not to give up the activity immediately you become a carer. It may be that the time you spend caring will increase as time goes by and what was initially a 'spare time' activity will become a vital break.

Elsewhere in this pack you will find information on where to obtain respite / sitters to enable you to carry on with your activity (see Section 2 and contact sheets). If your attendance has to become spasmodic try to remain in touch by telephone with a few key members of your activity group so they know you are still interested.

It is worth remembering that carrying on working provides the opportunity to socialise as well as earn money; Section 6 discusses this in more detail.

Starting a New Interest

Beginning a new interest and getting to know people can often be hard. However, it will be worth persevering to ensure your whole life does not become dominated by your caring role.

Of course you may feel guilty about going out and 'enjoying yourself' whilst the person you care for at home is ill. You should not feel guilty, but think that by having the break you will be able to offer better and more patient care when you are back.

It may be bewildering knowing where to start to find a new social activity but there are numerous opportunities in Pembrokeshire. People will be delighted to see you whether it's an adult education class, voluntary work or a darts team.

The National Extension College runs a course for people who find it difficult to leave home or unable to attend college-based courses on a regular basis. You can study to gain a qualification, learn a skill or pursue a particular interest. Carers may also be able to obtain a reduced fee.

Pembrokeshire College

Pembrokeshire College runs a on-line 'Learning for Living' course for carers. For more information contact the Admissions Team at Pembrokeshire College on 01437 765247 or the Carers Development Worker at PAVS on 01437 769422

See contact sheets which offer some ideas on where to start with your enquiries.

Contacts - Section 3

Barnardos Family Link

Arranges family based respite/short breaks and sessional support workers following assessment from your Child Care Social Worker

3 Bush St

Pembroke Dock

SA72 6XB

☎ (01646) 687064

Benefits Enquiry Line

☎ 0800 882200

Minicom 0800 243355

Carers Development Worker

PAVS

36/38 High Street

Haverfordwest

SA61 2DA

☎ (01437) 769422

Citizens Advice Bureaux

19 Cartlett

Haverfordwest

☎ 0845 1202939

10 Meyrick Street,

Pembroke Dock

☎ (01646) 683805

Community Learning Centres

Bloomfield Narberth

Redstone Road,
Narberth,
Pembrokeshire,
SA67 7EP

☎ (01834) 860293

Fishguard C.L.C

Ropewalk,
Fishguard,
Pembrokeshire
SA65 9BN

☎ (01348) 872488

Tenby C.L.C

Greenhill Avenue
Tenby,
Pembrokeshire
SA70 7LB

☎ (01834) 843297

Haverfordwest C.L.C

Off Dew Street,
Haverfordwest,
Pembrokeshire
SA61 1ST

☎ (01437) 764869

Milford Haven C.L.C

St Peter's Road,
Milford Haven,
Pembrokeshire
SA73 2BU

☎ (01646) 693727

Neyland C.L.C

St Clements Road,
Neyland,
Pembrokeshire.
SA73 ISH

☎ (01646) 601219

Pembroke Dock C.L.C

Meyrick Street,
Pembroke Dock
Pembrokeshire
SA72 6AT

☎ (01646) 682668

Preseli Crymych C.L.C.

Ysgol Y Preseli
Crymych
Pembrokeshire
SA41 3QH

☎ (01239) 831455

Community IT Learning

Bloomfield Centre,
Redstone Road,
Narberth,
Pembrokeshire,
SA67 7EP

☎ (01834) 861712

Free Spirit Travel Insurance

Offers insurance policies specially designed for people with health problems.

Hamilton Barr House
Bridge Mews
Bridge St
Godalming
Surrey GU7 1HZ

☎ 0845 230 50000

Pembrokeshire County Council

Social Care and Housing
County Hall
Haverfordwest
SA61 1TP

☎ (01437) 764551

Pembrokeshire Crossroads - Caring for Carers

Pembrokeshire Crossroads is part of a national organisation providing respite care for carers.

Ann Williams, Co-ordinator
Room 50 & 51, Meyler House
Haverfordwest SA61 1QP

☎ (01437) 764639

Fax: (01437) 764541

e-mail: pembrokeshire@crossroads.org.uk

Pembrokeshire Family Link

Arranges family based respite/short breaks and sessional support workers following assessment from your Child Care Social Worker
Children Services Manager

3 Bush Street
Pembroke Dock SA72 6XB

☎ (01646) 687064

Pembrokeshire Sibling Group

Provides outings, trips and leisure opportunities for brothers and sisters of children with disabilities.

Elizabeth Edwards
Mountain Park Farm
Lawrenny
Kilgetty SA68 0PT

☎ (01834) 891446

E mail: elzbthAngha@aol.com

Rothwell and Towler

Provides worldwide holiday insurance cover for people with HIV/AIDS.

66 High St

Honiton

Devon EX14 1RT

☎ (01404) 41234

The Kiloran Trust

A registered charity offering residential supportive breaks to all carers.

157 Blythe Road

London W14 0HL

☎ (0207) 602 7404

Fax: (0207) 6023303

e-mail: kiltrust@aol.com

Vitalise (Formerly The Winged Fellowship)

Specialises in providing holidays for disabled people (adults, children and their carers) including those with terminal illness and respite for carers.

12 City Forum

250 City Road

London EC1V 8AT

☎ 0845 345 1972