

‘Short Breaks’

For Unpaid Carers

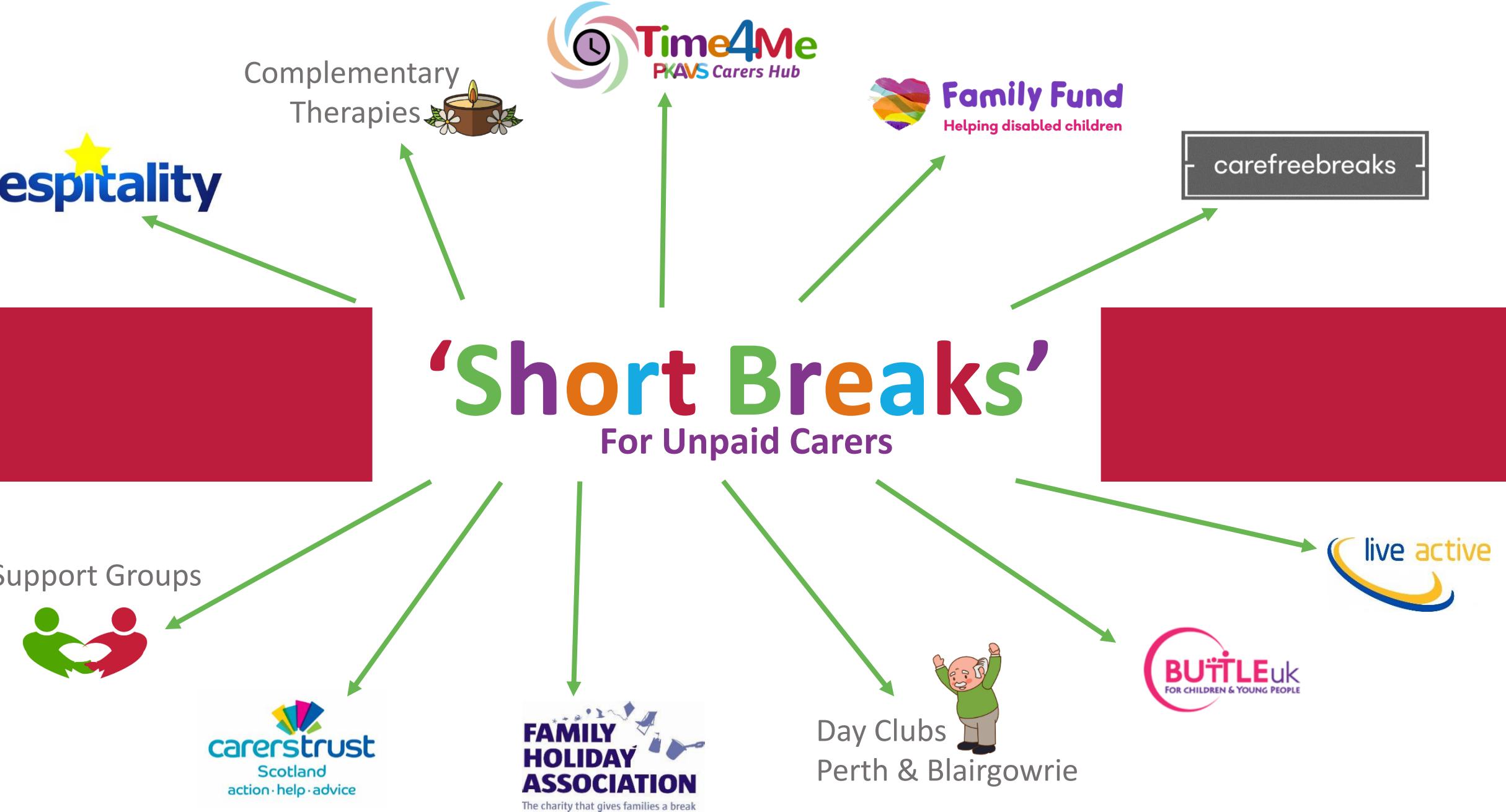


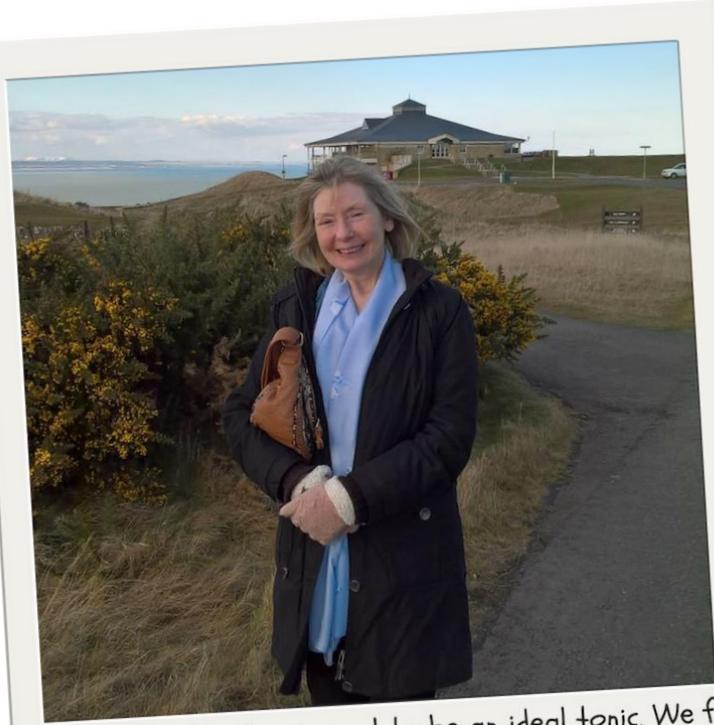
Marthe Handling

PKAVS Respite Development Officer

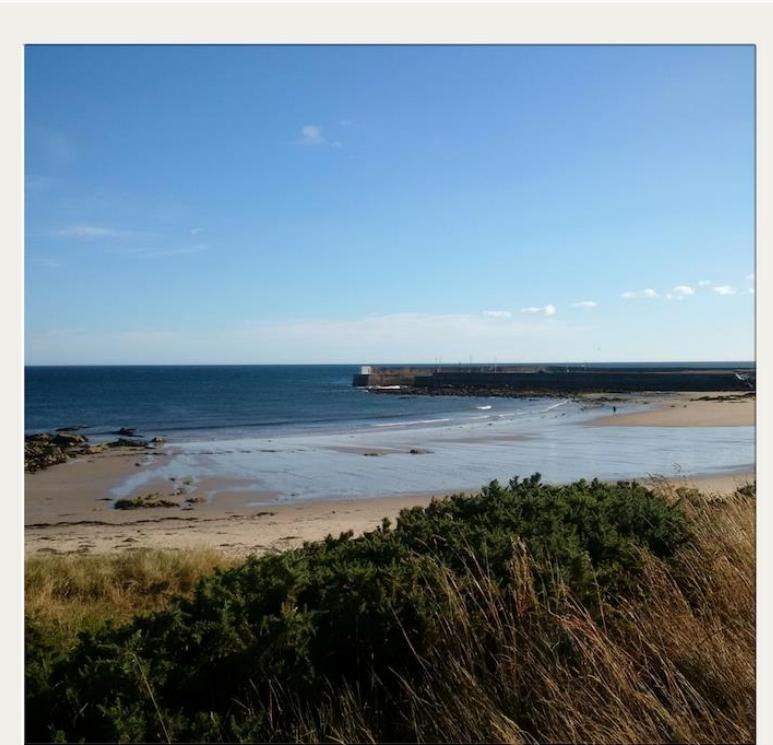
22nd November 2018



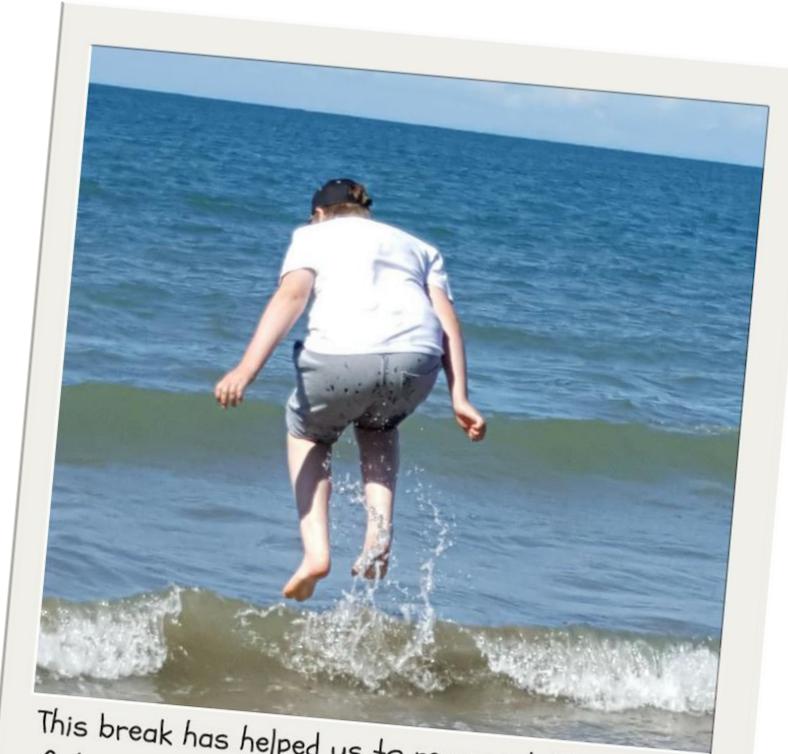




The overnight stay proved to be an ideal tonic. We felt so re-energised and positive about our lives. It was great to be cared for by others and have some quality me time.



I managed to use my Time4Me award at the weekend and done the Moray Coast Trail. It was great to get away and find some space, enjoying beautiful scenery and meeting some nice like minded people.

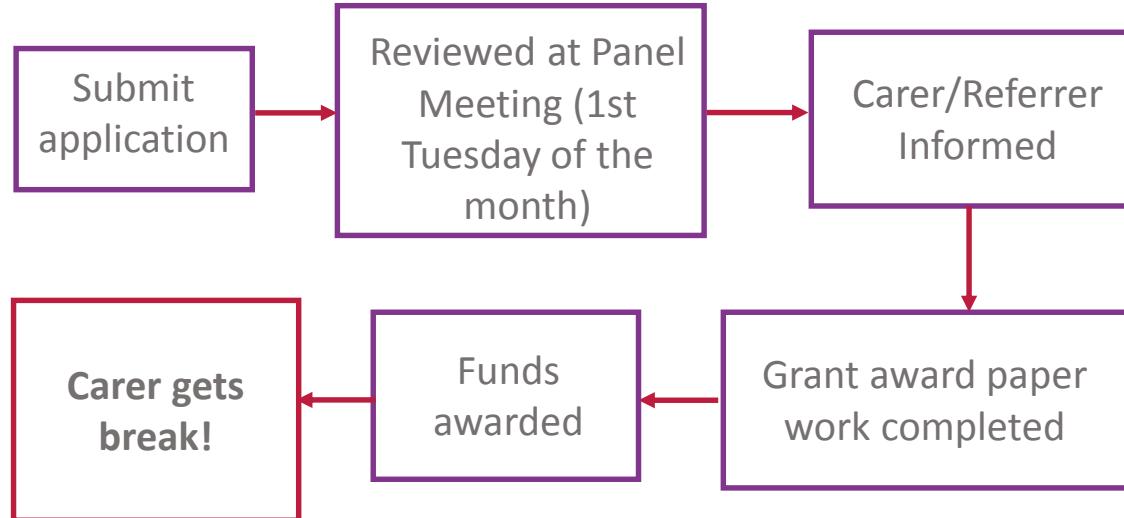


This break has helped us to reconnect. We went crab fishing every day and had a lovely fun time which we can't do at home. I feel supported and more importantly like someone cares about us.

For more info visit: www.pkavscarershub.org.uk

- Apply online
- Download Time4Me Guidance Notes
- Download Application Form (word version)

Carers and Support Staff should read the guidance notes thoroughly before submitting an application.



01738 567076

Marthe.Handling@pkavs.org.uk

The screenshot shows the homepage of the PKAVS Carers Hub website. The URL in the address bar is <https://www.pkavscarershub.org.uk>. The page features a purple header with the PKAVS logo and social media links. A banner for the 'CARERS CONFERENCE 2018' is prominently displayed, along with a photo of people at the event. Below the banner are sections for 'News' (including 'Blairgowrie Day Centre needs your votes' and 'The Bridge Project') and 'Funding Available' (highlighting the 'Time4Me' project). The footer includes links for 'Contact', 'Select Language', 'Google Custom Search', and 'Young Carers Hub'.

Respite + Hospitality = **respitality**

"Thank you so much to everyone concerned in helping my husband and I get some time away to recharge and relax. PKAVS have been a lifeline for me."

Break at Duchally Country Estate

"I had a lovely time with my partner. It was a night away without worrying about my gran and just having fun. I think it was great to get a break like this as it just gives you a bit of me time. Thank you so much!"

Break at Grand Principal Hotel



"I just needed a break away from all the pressure I am under at the moment. Being in the hills helped me to recharge my batteries and has helped me deal with things on my return. The Youth Hostel was 5 star and totally deserved every star."

Break at Scottish Youth Hostel

"This break has made me realise there are still experiences to be enjoyed and friends with who to share them. Change of location and living quarters really helped."

Break at Pitlochry Bungalow

we need
YOU!





CARERS SOCIAL THERAPIES

* you can be an unpaid carer
and still receive benefits such
as Carers Allowance.



**Carers can access Social therapies in a variety of areas
throughout Perth & Kinross.**

**Carers can choose from different therapies, enjoy a 45
minute treatment and have the opportunity to socialise
with other carers and speak to a support worker.**

**Therapies are free of charge however a small donation is
always appreciated and helps keep the therapies going.**

Bookings open one week before the therapy date. Please call the
Carers Hub on 01738 567076 to book an appointment.



@PKAVSCarersHub



pkavscarershub.org.uk

Perth (11:00 - 15:00)

Last Friday of each month

© PKAVS, They Gateway, North Methven
Street, Perth, PH1 5PP
Support Worker - Liz Dunbar

Aberfeldy (11:00 - 15:00)

Last Wednesday of each month

© Aberfeldy Health Centre, Taybridge
Road, Aberfeldy, PH15 2BH
Support Worker - Paula Gleave

Crieff (10:15 - 14:30)

Last Tuesday of each month

© Crieff Learning Centre, 32 James Square,
Crieff, PH7 3E4
Support Worker - Annette Bond

Kinross (10:00 - 15:00)

Second Monday of each month

© Heart and Soul Centre, High Street,
Kinross, KY13 8AN

Blairgowrie (10:15 - 14:30)

First Tuesday of each month

© ARC, Jessie Street, Blairgowrie, PH10 6BT
Support Worker - Kathleen Murray

Me-Time Carers Support Group

- **Post Xmas Blues Pamper Session**
 - Friday 18th January, 13:00 – 15:00 @ The Gateway
- **Valentines Lunch**
 - Friday 15th February, 12:30 @ Weatherspoons
- **Trip to Pitlochry**
 - Friday 22nd March, 10:00 – 15:00
- **Easter Cake & Craft Session**
 - Thursday 18th April, 13:00 – 16:00 @ The Gateway
- **Tunnocks Cake Factory**
 - Friday 24th May, 10:00 – 15:00
- **Programme Planning for 2019-2020**
 - Friday 21st June, 13:00 – 15:00, @ The Gateway



For more info please contact Liz Dunbar:
Liz.Dunbar@pkavs.org.uk or phone 01738 567076

www.pkavscarershub.org.uk/perth-support-events

Short Break Developments



Donated **4 weeks** in the low season for carers to stay in their beautifully renovated 2 bedroom flat.

Carers are asked to pay a £75 cleaning charge but the rental of the accommodation has been subsidised by St. Matthews Church.



Live Active Leisure have amended their eligibility criteria to include '**unpaid carer**'

New Compass members get activities like swimming and classes free for 3 months and then 9 months for £1 per activity.



Perth and Kinross College have offered unpaid carers a **25%** discount off beauty and hair treatments at The Retreat.



The Day Centre's were awarded funding to help them plan a respite programme for 2019 day trips, short holiday, cinema outings, lunch trips, music concerts and regular music therapy sessions.

Short Break Developments

carefreebreaks



Thank You!

