# A short guide to Shared Care Scotland & our work

## Introduction

At Shared Care Scotland we aim to be the leading organisation on short breaks and respite care for unpaid carers in Scotland. As an independent charity and one of Scotland’s national carer organisations, we occupy a unique position that sees us work with national and local government, short break providers, research institutions, and with carers, to help fulfil our vision:

 *“that everyone who receives support or provides unpaid care can live a full and satisfying life, with the assistance they need to take regular, quality breaks from the everyday demands of their caring routines.”*

This short paper aims to explain what we do and why.

## Why are breaks important?

Being able to access regular breaks is vital for unpaid carers to ensure their health and wellbeing. Breaks can help alleviate the physical and emotional demands of caring, and when provided in a way which meets the needs of the carer and the cared for person, can help sustain the caring relationship too, avoiding the need for crisis support.

## What is a carer?

An unpaid carer is someone of any age who provides care and support to a family member, partner, relative, friend or neighbour. The people they care for may be affected by disability, physical or mental health issues, frailty, substance misuse or some other condition, and cannot manage some aspects of their life without help and support. Some carers care intensively while others care for shorter periods and while some caring roles are short, there are also many life-long carers too.

## What does Shared Care Scotland do?

To advance short breaks in Scotland we work across several areas and offer a variety of services.

At a national level we contribute to the **development of policy and best practice**, working with Scottish Government and with Scottish local authorities. We also carry out and contribute to **research** so that we have the best evidence possible on what works for short breaks for carers.

We provide **information and advice** to organisations working to support carers, and to carers themselves. We do this through our telephone enquiry service and our online directory of more than 400 short breaks services.

We operate the **Short Breaks Fund** on behalf of Scottish Government, giving grants to third sector organisations that support unpaid carers to take a break.

We also deliver the **Respitality programme** which sees the hospitality, leisure and tourism industry come together with carer organisations to deliver breaks for carers when they need it most.

## Where can I find more information?

More information on all the work that we do can be found on our website at [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk), or by calling our office on 01383 622462.

For a full, detailed guide to our activities, see our Service Catalogue: <https://www.sharedcarescotland.org.uk/resources/service-catalogue/>

# A short guide to the short breaks fund

## Introduction

The Short Breaks Fund provides grants to third sector organisations that support unpaid carers to take a break from their caring role.

The fund aims to increase the range and availability of short breaks across Scotland, allowing more carers to take the right break at the right time.

The Scottish Government currently funds the Short Breaks Fund on a rolling annual basis.

The Short Breaks Fund was established in 2010. To date, we have granted more than £17.5 million to organisations across Scotland, supporting the delivery of more than 80,000 carer breaks.

You can find out more about previously funded projects on our reporting website: [www.shortbreakstories.org.uk](http://www.shortbreakstories.org.uk)

## Our funding programmes

The Short Breaks Fund has four funding programmes. Shared Care Scotland operates:

* Better Breaks
* Creative Breaks
* Time to Live

A fourth grants programme, Take a Break Scotland, is managed by Family Fund.

## Better Breaks

The Better Breaks programme provides 12-month grants to third sector organisations to develop and deliver short breaks projects and services for **children and young people with disabilities (aged 20 and under)**, and their **carers** (adult and/or young carers).

The Better Breaks programme funds a wide range of short breaks projects and activities including holiday activity programmes, after school clubs, sports coaching, and youth groups. The activities can be for children and young people with disabilities, for their carers, or for families to enjoy together.

Better Breaks usually opens for applications in the Autumn of each year for activities planned to start in Spring of the following year.

## Creative Breaks

The Creative Breaks programme provides 12-month grants to third sector organisations to develop and deliver short breaks projects and services for **carers of adults (aged 21 and over)**, **young carers** (caring for children or adults), and the people they care for.

The Creative Breaks programme also funds a wide range of short breaks projects and activities including breaks away, days out, and/or shorter, regular activities. The activities can be for carers, for cared-for people, or for carers and the people they care for to enjoy together.

Creative Breaks usually opens for applications in the Spring of each year for activities starting in the following Autumn.

## Time to Live

The Time to Live programme provides 12-month grants to carers organisations to deliver micro grants schemes for **carers of adults (aged 21 years and over)**, and **young carers** (caring for children or adults). These Time to Live projects enable carers to access funds and support to help them take short breaks that meet their needs.

Time to Live grants are awarded to one delivery partner in each local authority area in Scotland. Shared Care Scotland invites the relevant agency - usually a carers centre - to apply, and as such, this is not an open competition for funding.

Carers can find their local Time to Live project on our funding directory for carers available at [www.sharedcarescotland.org.uk/fundingbreaks](http://www.sharedcarescotland.org.uk/fundingbreaks)

## Support for grant holders

Our aim is to support funded organisations to deliver the best possible outcomes for carers and the people they care for. We provide support in several different ways:

* Resources and toolkits – free to download from our website.
* Pre-application support including phone-in sessions, workshops and webinars.
* 1-to-1 support for funded organisations.
* Learning exchange events and workshops.

## More information

For more information on the Short Breaks Fund can be found on our website:

[www.sharedcarescotland.org.uk/shortbreaksfund/](http://www.sharedcarescotland.org.uk/shortbreaksfund/)