

## How will this help the Carer?

- Support health & well-being.
- Improve life quality.
- Increase capacity to manage caring responsibilities.
- Rest, relax and recharge your batteries.

## What is available?

- Do something you've always wanted to do.
- Do something you know you like doing.
- Meet new people
- Go to a special event.
- Have a few hours away.
- A day out.
- Holiday or weekend break

## Is there a charge for this service?

This service is free. There is a financial limit to enable the Carer to take a break.



If you require this information in other formats or would like to refer to this service please contact -

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Providing Services Across Gateshead  
Borough for Carers and their families



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Are you ready for a break?

**Take a break  
with  
Carers Trust Tyne and Wear**

- **Are you caring for someone In Gateshead?**
- **Is it a while since you had a break?**
- **Would you like one?**

The **Take A Break Service** will help you think and plan how to take a break from your caring role and re-charge your batteries.

This can be achieved by providing breaks that are designed by you to support you in achieving a fulfilling life outside of your caring role. It could be attending a course, joining a gym, going to the theatre, or simply having some time to your self. The choice is yours!

### **Who is a Carer and who could access the service?**

For the purpose of this service, the definition of a Carer is:-  
A Carer provides unpaid care to a person living in Gateshead who is over 18 years old. Carers provide support to people with:

- Physical disability
- Substance misuse
- Mental health
- Elderly
- Learning disabilities

### **What do Carers do?**

Providing care can range from helping with shopping on a regular basis, help with washing, dressing, toileting, feeding, walking, getting in and out of bed, administering medication, to providing complicated continuous care.

### **Why do Carers need a break?**

Carers give so much to society yet as a consequence of caring, they can experience ill health, poverty and stress.

As a Carer it is important for you to think about yourself and how to look after your own health and well-being.

### **How can this service help ?**

The Take A Break Worker can visit you at home to talk about how taking a break will benefit you and guide you through the process.



The aim of this service is to enable you to design your own break, which suits you and your life style.

### **Example:**

*Ann has ME and cares for her husband who suffers from dementia. Take a Break Service provided Ann with replacement care while she had a massage. This improved her health and increased her energy.*

*John cares for his son who has learning disabilities. He does not get the chance to pursue his own interests and hobbies. The Take A Break Service provided a years gym membership.*

*Peter looks after his wife who has MS. He wanted to have a break away from his caring role and join a cycling club. However, he could not afford to purchase a bike. Take A Break enabled him to buy a bike. This has allowed John to meet new friends and improve his health and well being.*

