



# SHORT BREAKS FUND

Wee Break Midlothian  
VOCAL Carer Centre  
30/1 Hardengreen Estate  
Dalhousie Road, Dalkeith EH22 3NX  
www.weebreaks.com  
Tel 0131 663 6869  
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## Application Form

### 1. Information about you – the carer

Date of Birth   /   /

Gender F  M

Y  N

### 2. Is the Fund for me?

Are you an **adult carer** providing care for someone aged 21 years of age or over or are you a **young carer** caring for children or adults?

Y  N

Does the person you care for live in Midlothian (out with a residential care setting)?

Y  N

Are you unable to finance the break yourself?

Y  N

Will this break give **you** a break from caring?

Y  N

Have you spoken to someone (e.g. Social worker, OT, Carer Support Worker, Teacher, Youth Worker) about your break?

Y  N

You are applying for something that statutory services cannot provide?

Y  N

Priority will be given to people who have not been given funding previously.

We cannot pay for breaks that should be provided by statutory services or your financial contribution.

### 3. Information about the person you care for/caring situation

Relationship to you

Age of person you care for

Ethnicity

Reason they require care

Please include all health issues and how they affect the person you care for

How long have you cared for them?

How many hours a week do you care for them?

Please describe your main caring role and include/detail other forms of support that you receive

Please include:  
. any formal help,  
. any informal help

## 4. Information about proposed break

Please complete with the person you have spoken to about your break

**What** are you applying for?

You can apply for anything that will give **YOU** a break from caring. This could include:

- A weekend away
- Outdoor clothes to join a walking group
- A sitter service

How will the person you care for be supported while you are on your break?

We **can't** fund breaks that have already been booked or taken.

**When** will you have your wee break?

**Where** will you have your wee break?

**How much** will your break cost? *Please provide an approx. breakdown*

Average grants will be in the region of £250-350.

Examples of amounts awarded:

- £300 for comp. therapies
- £350 for a sitter service
- £250 for weekend away
- £500 for week away
- £400 for a shed
- £500 for driving lessons, annual membership for gym/class/group etc.

*Are you able to contribute anything towards the overall cost of the break?  
If no, please briefly explain why not:*

Please describe the difference your wee break will make to you.

If you are taking the person you care for with you on your break, you must demonstrate why it will give you a break.

Consider what you have said when you describe your caring role and consider what will be different on the break.

People who have benefited from breaks have reported improvements in their health and wellbeing, stress levels, family relationships and caring situation.

## 5. Referring/Supporting Professional

Name

Organisation

Email

I have checked this form, added my comments below and can confirm that it is an accurate reflection of the carers circumstances

How long have you been supporting carer and in what capacity?

Practitioner's signature:

In order to ensure all applications are genuine you MUST have spoken to someone about your break and how it will benefit you. e.g. a GP, nurse, OT, Social Worker, Carer Support Worker, Teacher, Youth Worker.

## 6. Agreement to Terms & Conditions

- The information above is correct and I give permission for it to be shared with the panel
- I agree to complete a review of my break
- I will only use the grant for the break described in this application
- I will return receipts for my break. **Any money not accounted for will have to be returned**

Carers signature:

Date:

**Data Protection Statement:** By signing this form you consent to share all of the information included with VOCAL's Funding Panel, Midlothian Health & Social Care Partnership, Shared Care Scotland and any other funders supporting our Short Breaks Fund. We will not share any personal information with a third party unless required to do so (eg. with the Scottish Government to contribute to the Carer Census (Carers (Scotland) Act 2016), or with your consent.

The information provided in this form is stored on VOCAL's secure online carer system. We will use it to contact you to provide you with individual carer support and let you know about events, training and other opportunities relevant to your caring situation by email, post, SMS or phone if these details are provided. Information is regularly checked to ensure accuracy. If you wish to view the information we hold about you or if you wish your details to be removed, please contact VOCAL on 0131 663 6869. VOCAL's full privacy policy is available online at [vocal.org.uk/about/privacy/](http://vocal.org.uk/about/privacy/)

Please tick here if you **DO NOT** want VOCAL to hold your details \_\_\_\_\_



If successful, I would like to receive my Short Breaks Fund grant award via:

Cheque

Bank Transfer \*

\*I understand if I agree to receiving payment by Bank Transfer I will need to provide my bank details to VOCAL for this purpose.

**My bank details are:**

Account Name: \_\_\_\_\_

Name of Bank: \_\_\_\_\_

Sort Code:  -  -

Account Number:

**Data Protection:**

VOCAL stores information in accordance with Data Protection Act 2018 and VOCAL's Privacy and Data Protection Policy (see: <https://www.vocal.org.uk/about/privacy/>). Please note, bank details will be used to pay Short Breaks awards by online bank transfer - this form will be stored securely by VOCAL's our finance department.

For VOCAL use only:	
Payee Name:	
Award amount:	
Fund:	