

## **Short Breaks Scheme hailed as springboard to carers support**

A Carers Trust Wales scheme providing vital respite breaks for unpaid carers helped 5,000 people access local support for the first time, figures show.

Almost half of carers benefiting from the Short Breaks Scheme accessed support for the first time from the caring organisations delivering the breaks. Of the 11,000 unpaid carers who took part in the Short Breaks Scheme in 2023/24, over 5,000 of them were new to these organisations.

The scheme, coordinated by Carers Trust Wales and funded by Welsh Government, provides an opportunity for unpaid carers across Wales to have a short break away from their caring role. It gives unpaid carers the much-needed opportunity to enjoy some time for themselves and to focus on their own mental, emotional and physical health.

Through the scheme, a high proportion of carers are now being supported for the first time.

Liz Wallis, Programme Manager, Carers Trust Wales, said, "It's quite common that unpaid carers don't self-identify as carers, they may often be struggling to cope by themselves, or with very limited support. When they do access a carers organisation, through hearing about the Short Breaks Scheme, that organisation can help them with a range of other issues. The Short Breaks Scheme is proving to be a springboard to accessing wider carers' support."

Carers Outreach, who support adult carers in North West Wales, agree, "The Short Breaks Scheme offers an important opportunity to have a dialogue with carers on the importance of their own wellbeing and what this means to them. Such discussions help us to support carers in thinking of their own wellbeing and how this relates to their caring role. Quite often, carers open up about other issues and our officer is able to signpost either internally or externally to other agencies".

The Short Breaks Scheme offers personalised and flexible break options, including overnight breaks, group activities and small grants. NEWCIS, who support unpaid carers in Denbighshire, Flintshire and Wrexham, have offered a high number of new carers such activities and say, "The opportunity to speak to other carers, well-being officers and professionals is a real added-value of the Short Breaks Scheme."

ENDS



**A skydiving experience with NEWCIS through the Short Breaks Scheme**

**Notes to Editors**

**About Carers Trust Wales**

Carers Trust Wales, part of Carers Trust, aims to shape a better future with and for carers in Wales by raising awareness, empowering carers and influencing change. It is committed to making sure that all carers receive the recognition and support they deserve. It works closely and collaboratively with Network Partners – local and regional independent charities which deliver information, advice and practical support for unpaid carers in Wales.

Carers Trust website: [www.carers.org](http://www.carers.org)

### **About the Short Breaks Scheme**

The Short Breaks Scheme is a new initiative launched in 2022 to support 30,000 unpaid carers from across Wales to take a much-needed break from their caring responsibilities. Funded by Welsh Government, it runs from 2022-2025. Carers Trust Wales is the National Coordinating body of the scheme, distributing grants to charities and Third Sector organisations across Wales.

With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.

Short Breaks Scheme website: [www.shortbreaksscheme.wales](http://www.shortbreaksscheme.wales)

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Ariennir gan  
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Ariannwyd gan Lywodraeth Cymru a chydlynwyd gan Ymddiriedolaeth Gofalwyr Cymru.  
Mae'r Cynllun Seibiannau Byr yn rhoi cyffe i ofalwyr di-dâl yng Nghymru gymryd hoe hollbwysig o ofalu.  
Funded by Welsh Government and co-ordinated by Carers Trust Wales.  
The Short Breaks Scheme enables unpaid carers in Wales to take a vital break from caring.