

## Keeping going with Islington Carers Hub

[Source: Carers UK]

### Why breaks are important

Caring for someone can be a full-time job so taking a break every so often is vital for your wellbeing and quality of life.

When was the last time you took some time out to have an evening out, go for a swim, try something new, or go on holiday?

Finding time to meet up with friends, visit family or simply catch up on sleep can make the world of difference to your health. After a break, many people feel stronger and rejuvenated to take on their responsibilities with renewed vigour and a more positive outlook. The person you care for could also benefit from enjoying new experiences, a change of scene and routine, and meeting other people.

### Different sorts of breaks

There are many different ways to take a break. You might need an hour each week, a day here and there, a week or two for a holiday, or a combination of all of these. You might choose to go on holiday with the person you are looking after or go away alone – but a short break or holiday may not always involve going away. Some carers enjoy simply taking some time out from caring, where the person they are looking after goes on holiday while they stay at home.

### Tips from carers

- Try finding time to pursue an interest such as yoga, knitting or bowling.
- If it's difficult to leave the home, try to enjoy the garden, or try reading or volunteering remotely.



## How Islington Carers Hub can help:

### Get Togethers

- We've recently introduced a programme of online **Get Togethers**, social activities that you join in from home, via a Zoom meeting. They're for adults 18 years +, and might be of interest to both you and your cared for! Try Art Appreciation, a Fun Fitness session, Art Journaling or Reminiscence.
- See them listed in this week's client mailing!
- As soon as government covid-19 guidelines allow, we'll be able to reintroduce our regular community Get Togethers with activities in partner venues across Islington – from cafes, museums to leisure centres.
- If you've any questions about the activities, get in touch with [Carmen Alcovedes](#), our Activities Co-ordinator.

### Carefree Breaks – free break (No Catch!)

Carefree provides short breaks for unpaid carers in hotels and holiday cottages donated by owners and operators during the low season, so these will be available from October (subject to availability).

We can refer clients who meet the following criteria:

- Cares for someone for at least 35 hours per week
- Will benefit mentally and/or physically from a break in the opinion of the person they care for
- Has sufficient means to pay for transport and food during the break as only the accommodation is offered free-of-charge.

Contact Islington Carers Hub on 020 7281 6018 / [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org), if you qualify, and are interested.

### The Flexible Breaks Fund

The Flexible Breaks Fund is there to provide a financial contribution to help some carers go away for a break or do something that's relaxing for them.

You can apply to the fund if:

- You are aged **18 or over**,
- you care for someone who lives in Islington,
- and who **doesn't** get a service or a personal budget from Islington Social Services, Islington Learning Disabilities Partnership or one of the Mental Health Teams,
- and **you the carer** don't get a Carer's Personal Budget from the Council either

Although it's called a "breaks fund", you can apply for a contribution towards another kind of service or support that provides a rest from your caring role or helps you as a carer.

**For more information:** see the Islington Carers Hub website:

<https://islingtoncarershub.org/flexible-breaks-fund/>