

What is Time Out?

Time Out allows a carer to have some quality time to themselves. Do you need a couple of hours a week to do the shopping, meet up with friends and loved ones, or attend a course? Do you need time to attend a doctor's appointment or a planned hospital appointment, or are you struggling to work and care?

If you care for someone; 18 or over; who lives in Oxfordshire and doesn't need personal care you can request up to 20 hours time out, flexibly Monday to Sunday between the hours of 9am and 8pm.

Time Out is Befriending and companionship for the person you care for, that gives you Quality Time away from the responsibilities of caring.

To find out more Call our team on 01235 424715

