

## WHAT IS THE CARER WELLBEING FUND?

We offer a grant of up to £200 which is exclusively available for unpaid adult carers. The Carer Wellbeing Fund offers caregivers a short break from their caring role so that they can feel less stressed, less isolated, and feel healthier mentally and physically.

**The Carer Wellbeing Fund is discretionary in that there is a limited pot of money available.**

You will need to check if you are eligible to apply by carefully reading through the criteria found within this leaflet.

**3 in 5 people in Gateshead will take on an unpaid caring role.**

**Over half will provide 100+ hours of unpaid care per week.**

## WHO ARE GATESHEAD CARERS?

Established in 1996, we are a charity that believes no carer should feel alone, and that it is vital all unpaid carers feel supported in their caring role, or feel supported to stop providing care, if that is what they choose,

## HOW TO APPLY

A carer should contact us by phone or email for an initial information gathering conversation with one of our Carer Wellbeing Facilitators to apply for funding. If the caregiver meets the eligibility criteria, further discussion of the impact the caring role is having on their well-being will support the carer's application to the Carer Wellbeing Fund and identify any additional support which Gateshead Carers can offer.

**Talk to us in confidence  
0191 4900 121**



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Charity No. 1118942 | Company No. 6133161

A Network Partner of  
**CARERS TRUST**



## The Carer Wellbeing Fund

Providing funding for unpaid adult carers in Gateshead.



[www.gatesheadcarers.com](http://www.gatesheadcarers.com)

## AM I ELIGIBLE TO APPLY?

- ✔ Caregivers are eligible to access the Carer Wellbeing Fund if they meet the following eligibility criteria:
- ✔ The cared for person must ordinarily be a resident in Gateshead.
- ✔ The carer must be providing at least 15 hours of care per week.
- ✔ The carer must not have accessed the Carer Wellbeing Fund in the last 12 months.
- ✔ The carer is 18 years or older.
- ✔ All applicants must initially go through our information / initial assessment line to have their needs for a break assessed by one of our Carer Wellbeing Facilitators. This will also be an opportunity for people to discuss any other challenges they are facing as a caregiver.

### **The carer must also satisfy the following criteria to make an application:**

- ✔ An application can only be awarded to an individual in consideration of one cared for person.
- ✔ Those sharing the responsibility for a caring role would only be eligible to make one application unless extenuating circumstances apply.
- ✔ If reapplying, the carer must send us receipts of previous grant spendings before they can apply again.

## WHAT WILL THE FUND COVER?

### **Examples of grants may include:**

- ✔ a break/holiday in the UK
- ✔ therapies/relaxation or wellbeing sessions
- ✔ college course fees, books or equipment
- ✔ gym membership, exercise classes, swimming sessions etc.
- ✔ an adult education class or training course
- ✔ day trips
- ✔ social events e.g. attend a concert, the theatre, or the cinema
- ✔ driving lessons
- ✔ purchase of items for an activity or hobby e.g. a tent or bicycle
- ✔ a laptop/tablet/mobile phone, apps.
- ✔ household items e.g. a washing machine, a cooker, or a fridge
- ✔ decorating costs
- ✔ gardening/gardening equipment



## ARE THERE THINGS THAT THE FUND WILL NOT COVER?

### **There are some things the fund will not cover including:**

- ✘ buying tobacco, alcohol or other drugs
- ✘ paying off debts
- ✘ gambling, including bingo
- ✘ paying for respite care, personal care or a sitting service
- ✘ paying for the ordinary costs of daily living e.g. food shopping, hairdressing, clothes etc.
- ✘ paying for anything you have already done, bought or paid for