

Calling Gwynedd carers!

Lonely? Bored? Tired?

Need a break from caring?

Carers Outreach Service has an **exciting new carers' break fund for Gwynedd carers in 2019-20**.

Carers can access this fund regardless of what services they get.

There is no strict criteria to qualify!

We just want carers to have quality time for themselves.

Some examples:

- Have an extra free hour a week over 12 weeks
- Have time to clean the house or visit the hairdresser
- Go to a wedding or other event
- Go to visit friends
- Additional support at a time of crisis
- Overnight Break
- Christmas shopping
- Additional support over a short period of time



*Golf

*Tai chi

*Yoga

*Therapies

*Walking

*Riding

If you consider it a break, we'll consider it!

If you are not sure what type of break would benefit you, telephone us to discuss it further.

Your dependent does not have to be receiving a care package to qualify!

For more information contact Helen Evans at our Bangor Carers Hub on 01248 370797 or email help@carersoutreach.org.uk