

hello. Share your Short Break story!

We would love to hear from you so we can learn more about providing short breaks for unpaid carers.



Big Improvement!



Some Improvement



Feel the same



Feel worse!

How did you spend your Time4Me award? -

Since receiving the Short Break:

(Please circle the relevant smiley and leave any comments describing any benefits or suggestions regarding your Short Break experience)

Has there been a change to your own general health and wellbeing?



Has it enabled you to have more of a life outside your caring role?



Has it affected your ability to sustain your caring role?



Do you feel more supported, able and confident?



Any other comments:

Hearing about the experience of others encourages more carers to obtain support and enables us to raise funds to provide more grants & short breaks to unpaid carers. Examples of ways in which stories can be shared are: Carers Hub Newsletters, publications, reports for funders and fundraisers, newspaper/ magazine articles, social media and the PKAVS website. Please tick the boxes below if you consent to PKAVS Carers Hub using your feedback and details of your caring situation taken from your application in a case study.

- ☐ Yes – but please make it anonymous
- ☐ Yes – feel free to use my name and photograph
- ☐ No thank you

If you are happy for us to share pictures from your short break we would love to see them and use them in your case study, please feel free to send copies to carersshortbreaks@pkavs.org.uk

Carer name:

Signature:

Date: