

Time 2 Live 2025/26

Guidance for Adult, Parent and Young Adult Carers

1. General Information

The Time2Live fund seeks to support unpaid carers by providing them with the opportunity to enjoy quality time outside of their caring role, creating a meaningful experience that will have a positive impact on their health and wellbeing.

How much can I apply for?

First applications up to a maximum of £450
Second and third applications up to a maximum of £400
Fourth and subsequent applications up to a maximum of £350

Applications are accepted from 1st April 2025 to 31 March 2026, subject to funds being available.

Kinship carers are **not eligible** for Time2Live grants. They are eligible for [kinship care allowances](#) from the local authority and therefore not considered unpaid carers.

2. Eligibility Criteria

The panel is keen to support as many carers as possible, but due to limited funding, applicants must meet the following eligibility criteria before applying for a Time2Live award:

- The applicant must live in Perth and Kinross.
- The carer has not received Time2Live funding in the past 12 months (for example, if payment was received in April 2024, the carer cannot reapply until May 2025.) and all VAT receipts and feedback were provided for any previous awards.
- Only one application per household and per cared-for in a 12-month period.
- The short break must allow the unpaid carer a break from their caring role.
- Applications will not be considered where the short break has already have been booked, purchased or has taken place previously or where any component of the said break, has already been booked or purchased.
- You must spend your award within 90 days of your award agreement.
- If there are additional costs associated with the break/item/equipment the carer must be confident that they can meet this cost.
- If you are not registered as an unpaid carer with PKAVS, applications must be supported by an independent professional who has supported the carer and/or the cared for. *Eg* District Nurse, Community Psychiatric Nurse, Occupational Therapist, Social Worker, Carers Support Worker, Teacher, Community Worker. **They cannot be related to the Carer or Cared For.** If you do not have a professional working with you, please call the Short Breaks Team who will be happy to discuss how best we can support you to apply.
- To allow time to process successful awards, breaks should not take place in less than 6 weeks..

3. What Can be Funded?

The panel is keen that the fund is used as creatively and flexibly as possible to ensure unpaid carers achieve the kind of break that is most beneficial to them. A list at the end of this guidance provides some examples of how other carers have utilised their awards.

Please note: the fund **CANNOT** be used to pay for:

- Alcohol.
- General living expenses e.g. food, clothing, bill payments, Wi-Fi, beds, mattresses.
- Cosmetic (plastic/aesthetic) surgery or procedures, including tattoos.
- Household and kitchen appliances ie white goods/electrical items.
- Housing rent/arrears, debt, loan or mortgage repayments.
- A short break, item or equipment which has already taken place, been booked, paid for or purchased.

4. Applying

You must ensure that you meet the eligibility criteria in Section 2 of these notes.

An application form can be downloaded from our website: <https://www.pkavs.org.uk/carers/adult-carers/info-support/short-breaks/Time2Live/>. Or you can email us at carersshortbreaks@pkavs.org.uk or telephone The Carers Centre on 01738 567076, option 2 for an application form to be sent to you.

All sections of the application should be completed fully with appropriate detail as required.

5. What happens next?

On receipt of your application, we will:

- Check that you are eligible for a Time 2 Live grant.
- Check that the application is completed in full and that we have all the information required.
- Where appropriate, contact the person who has supported your application.
- Present your application to the Time 2 Live award panel.

Applications received will be reviewed by the award panel at the first available panel. The panel reserves the right to ask for additional information as part of this process.

Carers will be informed of the panel's decision no later than 14 days after the panel.

Successful applicants will be sent a letter with an 'Award Agreement Form' which must be completed, signed and returned. Once received, payments will be made directly to the nominated bank account.

Unsuccessful applicants will be provided with an explanation for refusal of the application. The decision of the panel is final.

6. After you receive your award

It is a **requirement** of receiving Time2Live funding that carers must provide VAT receipts evidencing the full spend of their grant. You are also required to submit feedback on your short break.

- Applicants have 90 days from the date of their award agreement to spend the grant on their chosen short break and provide VAT receipts evidencing the full spend to the Short Breaks Team.
Please note: We cannot accept screenshots from banking apps or other online applications as proof of spend.
- Feedback should be provided within 4 weeks of completing your break.

Receipts: You can take a photograph of your VAT receipts and email them to us at carershortbreaks@pkavs.org.uk or you can pop them in an envelope and send them to: Time2Live, PKAVS Carers Hub, Lewis Place, Perth, PH1 3BD.

Feedback: The feedback form can be found at: [Time 2 Live Feedback form](#), we can provide a paper copy if you prefer.

Failure to comply with these steps, will result in you being unable to re-apply to the scheme for an extended period.

7. Need to change your plans?

Please be aware that whilst we are flexible and understand that plans can change, any amendment to the original break approved by the panel must be advised to the Short Breaks Team immediately. Failure to do so may require that the funds be returned to the Carers Hub.

If you have any questions or wish to discuss your application, please contact the Carers Centre on 01738 567076, option 2 or email us at carershortbreaks@pkavs.org.uk

Time2Live, PKAVS Carers Centre, Lewis Place, North Muirton, Perth PH1 3BD
Tel: 01738 567076, option 2
carershortbreaks@pkavs.org.uk

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Examples of Previous Carers Breaks

Live Active Gym Membership	Sewing Machine
Tablet Computer	French Lessons
Spa Break	Swing Dance Classes
Driving Lessons	Rail Card
Garden Furniture	Poly Tunnel
Short Hotel Break	Art Classes
Walking boots	TV streaming service
Complimentary Therapies	Bicycle
Cinema Pass	Caravan Stay
Garden Centre Voucher	Flying Lesson
City Theatre Break	Kindle
Fishing Permit	Museum Pass
Audio Books	Tent
Crafting Retreat	Magazine Subscriptions

As stated previously, these are only examples of how some carers have used their Time2Live grant.

You do not need to restrict yourself to these examples, we actively encourage carers to be as creative as possible when considering what would be the ideal break for them.

If you would like advice about your idea for a short break, please get in touch with the Short Breaks Team at the Carers Centre, via the contact details shown on page 3 of this guidance.