



# How to access a Carer break/take time out from your Caring role.

For example, to enable you to pursue your own hobbies or interests or take time for yourself.

## **Darlington Carers Support**

**Telephone -0300 0301215**

**Email – [admin@darlingtoncarers.org](mailto:admin@darlingtoncarers.org)**

**[click here for more info](#)**

Flexible respite options are available to help carers take time for themselves and enjoy their personal interests beyond their caregiving duties. These options can include spa days, gardening vouchers, theater or cinema tickets, arts and craft supplies, funding for sitting services, and more – customized to suit each carer's unique hobbies, needs and preferences. In some instances, based on an assessment, short overnight breaks may also be provided.

**Contact us to find out what is available now.**

## **Family Action Young Carers Darlington**

**Telephone – 01325 794888**

**Email – [youngcarersdarlington@family-action.org.uk](mailto:youngcarersdarlington@family-action.org.uk)**

**[click here for more info](#)**

Funding is available to Young Carers and Young Adult Carers, from the age of 5 up to 25, being supported by the service. The funding provides a bespoke offer to provide a break from the caring role. Examples include cinema vouchers, self-care activities, paying for club memberships and other opportunities to reduce the caring role and provide a meaningful break.

## **Darlington Association on Disability (DAD)**

**TELEPHONE- 01325 489999**

**Email – [mail@darlingtondisability.org](mailto:mail@darlingtondisability.org)**

**[click here for more info](#)**

Holiday play and leisure opportunities for children and young people, weekly sessions for young people during term time, carers breaks at our Independent Living Hub for adults

**Contact us to find out what is available now**

## **Age UK North Yorkshire and Darlington**

**Telephone – 01325 362832**

**[click here for more info](#)**

Can provide respite breaks, meals at home deliveries or Day Care sessions in our Day Care Centre. This includes the new 'Comfort and Care Haven' service which offers pre-bookable sessions of a minimum of 2 hours.

**Contact us to find out what is available now**

## **St Teresa's Hospice**

**Tel: 01325 254321**

**Email: [hello@darlingtonhospice.org.uk](mailto:hello@darlingtonhospice.org.uk)**

**[click here for more info](#)**

The Hospice has a range of support which can directly or indirectly support carers of people with a life-limiting illness: a volunteer visiting service, Hospice at Home, family support service, complementary therapies, wellbeing groups and in-patient care including crisis respite. We also offer a fortnightly Carers' Support Group, wellbeing days for carers and counselling for adult and young carers.

**Contact us to find out what is available now.**

## **Darlington Borough Council Adult Social Care**

**Tel: 01325 406111**

**[click here for Adult Social Care](#)**

**or**

**[click here to take a Carer Assessment](#)**

**or**

**[click here for more info on your journey through our adult social care services](#)**

Support that may be available from Adult Social Care following a carers assessment/assessment of need of the person cared for includes the provision of respite care services to the person cared for, such as day opportunities, sitting services or short stays in residential care to enable the carer to take some time out from their caring role. Carers may also be able to access support in their own right following a carer's assessment.



## How to access a Carer break/take time out from your Caring role.

**Darlington Borough Council Children's Services:**  
**Children's Front Door Tel - 01325 406222 (option 2).**

**[click here for more info on Children and Families Assessment \(C&F\)](#)**

**or**

**[click here for more info on Early Help Assessments](#)**

Contact Children's Front Door for an Early Help Assessment.

Provision of tailored information and advice through the designated Children's Front Door.

Whole family support - The Building Stronger Families Service offer co-ordinated help for children and families with a range of needs through an early help assessment or targeted programs.

Parent/Carer Assessments for Parent/Carers of children open to the disabled children's team.



**The following services may not have dedicated funding to provide you with a break.**

### **Darlington Parent Carer Forum (PCF)**

**Email [info@darlingtonpcf.co.uk](mailto:info@darlingtonpcf.co.uk)**

**[click here for more info](#)**

Darlington PCF occasionally receives funding to support the well-being of parent carers.

**Please contact us to check our current support offer.**

### **Mobilise**

**[click here for more info](#)**

Provides online support for carers.

This guide's purpose is to help us overcome any barriers we may have with taking a break. A place to share the solutions that we (as a community of carers), have found that work and some useful organisations that can help. Plus, some new solutions we can try.

We will often have different barriers to taking a break so we most likely will be looking for different solutions.

### **Carers UK**

**[click here for more info](#)**

When you're caring for someone, it can be easy to keep putting their needs before your own. However, the benefits of taking a break should never be underestimated – whether this might be a dose of meditation, seeing friends or a trip away.

Whatever you do, finding some 'me' time to relax and unwind is so important for both you and those you care for. We suggest different ways to achieve a break and offer further sources of support.

**If you can't find the information you need here, please contact **Darlington Carers Support**, the primary support service for Darlington, on **0300 030 1215**.**