

A Carers Personal Budget could help you to access a break of your choice, such as visiting relatives, gym membership, a day out, a theatre trip, complementary therapies, a training course or a short break away.

**The amount of money awarded varies and can be up to £200 to spend over six months if your application is successful. You can decide how you would like to use this award, it could be used for breaks such as going out for meals, a hobby or leisure activity, or a short break away, like a spa break or an overnight stay in a hotel. You decide what will benefit you the most.**



### Who can apply?

Carers living in Cheshire West and Chester can apply.

Priority is given to Carers where the caring role is having a significant impact on their daily life, health or wellbeing.

When you apply for a Carers Personal Budget an appointment will be made for you to discuss your caring role and the impact it has on all aspects of your life.

### What is excluded from the Carers Personal Budget?

- Everyday items e.g. shopping, bills, transport
- Replacement care or respite for the person you care for
- Goods or services that have already been purchased
- Items that bring Carers Trust into disrepute e.g. alcohol, drugs