

A break from your caring role

Has your health or well-being been affected by your caring role?

If so, you may be eligible to apply for a carers grant in order to access a break from your caring responsibilities.

The grant can be used for anything that you feel will improve your health or well-being.



For more information contact Linda Di Michele:

Tel: 0300 111 1919

Email: linda.dimichele@carersinbeds.org.uk

This grant is not means tested and will not affect your benefits.

