



**Wee Breaks in Midlothian** is open for applications and can support any unpaid carer who is providing support for someone who lives in Midlothian (out with a long-term residential care setting).

An unpaid carer is anyone who provides or intends to provide care for another individual, whether this is a family member, neighbour or friend.

Given the current restrictions traditional breaks like holidays and weekends away may not be as easy to organise just now so we are encouraging carers and the staff who support carers to be creative and think of other ways to take a break in the house, garden or closer to home.

This might include, a day out for lunch or visiting a local tourist attraction, purchasing garden furniture/equipment, subscriptions to TV/movie channels, attending relaxation therapies or buying a kindle, reader or tablet. We are open to all ideas and will consider anything that ensures carers get some time away from caring role.

Applications are quick and easy to complete and health and social care staff and other supporting professionals are well placed to provide the support and encouragement that is needed to complete and application.

For more information and to find a copy of the application form and guidance notes visit [weebreaks.com](http://weebreaks.com). Alternatively, you can call VOCAL Midlothian on 0131 663 6869

