



Carers Break Service

Enjoy a fortnightly 2-3 hour break from caring while a safe, trained volunteer looks after the person you care for. This service is only for carers living in South Gloucestershire.



Please note the Carers Breaks eligibility criteria:

- The carer and cared for live together and with no one else.
- The carer only cares for one person, such as a spouse or a parent.
- The carer and cared for are both over 18 years old.
- The service is for carers who are unable to leave the cared-for person.
- The carer is not in paid employment - this includes working from home.
- There is no manual handling, so the risk of falls must be minimal.
- The cared-for person must be able to get to the toilet or use pads etc.
- The service cannot be used for carers to attend medical appointments.

To find out if you're eligible, please call 0117 937 5622 
or email cbs@carerssupportcentre.org.uk 

*If you care,
we care.*

Carers Support Centre

Providing support, information and advice to carers of any age living in Bristol and South Gloucestershire.

A Network Partner of
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TRUST**