



take a Break

Scotland's Short Break fund for disabled children, young people and their families

Administered by the Family Fund

FOR IMMEDIATE RELEASE

Wednesday 20th May 2015

Short break scheme for families with disabled children in Scotland re-opens

Take a Break, Scotland's short break fund for disabled children and their families, has re-opened for applications.

The programme, funded by Scottish Government, aims to provide families with the choice and opportunity to access a single or ongoing break from caring.

Take a Break grants enable families caring for a disabled or seriously ill child or young person to have the opportunity to choose how they would like to take a break, with a view to improving the quality of life, health and well-being of the whole family.

The scheme has been administered by Family Fund, the UK's largest provider of grants to families raising disabled or seriously ill children, since 2011. Last year, Take a Break provided a total of £1,016,000 to 1,976 families across Scotland.

For Steven, a 16 year-old who has autism, the grant allowed him to spend time away from his family for the first time. Mum Laura said "Steven took part in lots of activities with other teenagers. It was an emphatic success. A phone call every day eased our minds and we enjoyed a few meals out."

A parent who received a grant for a family break said "This was the first family holiday that we have been able to have as a family. It allowed our son to experience a relaxing break with all his family together, we did various things all of which were close to our accommodation. He was able to play with others in his own age group, and this helped him greatly as the other children did not know of his condition."

Cheryl Ward, Chief Executive of Family Fund, said "I am delighted that the Take a Break programme continues to go from strength to strength. The feedback we receive from parents and carers shows that the opportunity to receive a grant that is individual to the needs of a family makes a tremendous difference. It can help provide children with new experiences, developing their confidence and social skills, or help parents and carers by easing the pressure, relieving stress and giving a precious opportunity to strengthen family bonds. We continue to be grateful to Scottish Government for their continuing commitment to Take a Break."

Families can apply for a grant by visiting www.takeabreakscotland.org.uk.

Ends

Note to Editors

For more information on Take a Break or the Family Fund, please contact:

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Information about Take a Break

Take a Break is Scotland's short break fund for disabled children and their families. It aims to provide families with the choice and opportunity to access a single or ongoing break from caring.

Take a Break grants enable families caring for a disabled or seriously ill child or young person to have the opportunity to choose how they would like to take a break, with a view to improving the quality of life, health and well-being of the whole family.

The Scottish Government aims to improve the provision of, and access to, breaks for disabled children and their families. The key aims are to:

- Provide positive outcomes for carers and those children and young people they care for equally, by improving their quality of life, opportunities and well being.
- Support the personalisation agenda by providing opportunities for carers and the child and young people they care for, to be at the centre of planning and decision making about their short breaks.

The Take a Break programme has awarded 6,361 grants to the value of over £3 million in total throughout the duration of the scheme (from 2011 to 31st March 2015). Please note that some families have received more than one grant from the scheme throughout its lifetime. The total number of unique beneficiary families is 3,867.

Families can apply for a grant by visiting www.takeabreakscotland.org.uk.

Information about the Family Fund

The Take a Break programme is administered by the Family Fund. Family Fund is a registered charity and is the UK's largest provider of grants to low income families raising disabled or seriously ill children and young people aged 17 and under. We believe that all families raising disabled and seriously ill children should have the same opportunities as others.

Last year Family Fund helped over 70,000 families within the UK who are raising disabled or seriously ill children or young people with grants for items such as clothing, bedding, white goods, computers, furniture and short breaks.

Family Fund grant applications can be downloaded from the Family Fund website (<http://www.familyfund.org.uk>). Families can contact Family Fund using the online contact form or by telephoning: 01904 621115.