

R&R Armed Forces Young Carers Fund Application Form

Please answer the questions as fully as you can to enable us to make a decision as quickly as possible. If you need some help filling in the form make sure to ask your Supporter or contact us on 0131 322 7350 or by emailing familysupport@rcet.org.uk.

Remember to take a look at the Guidance Notes with your Supporter (the person who is helping you fill out this Form). If you still aren't sure about why we need some information, or what to include then please contact us using the details above.

We care about protecting your personal information, and we want you to know how we process it. We'll only use it for considering your application and, if successful, for making sure that we can contact you about your break. For more information about what that looks like, please read our Privacy Statement at <https://www.rcet.org.uk/privacy-policy/>

1. Carer's details:

Please provide the following information:

Full name:	
Address:	
Postcode	
Telephone no.:	
Email address:	
Date of birth: (DD/MM/YYYY)	

2. Information about your caring situation

Please answer as fully as possible.

We ask you about this so that we can get a better understanding of the types of caring responsibilities that Armed Forces young people have which helps us to plan better support with, and for you in the future.

Please tell us what the relationship is between you and the person you care for:

Please name the health condition (if possible) of the person you care for e.g. Dementia, Autism

We ask this to give us a better understanding of the conditions that Armed Forces Young Carers are providing care for. You do not have to answer the question but it may help us to provide more specific support for Armed Forces Young Carers in the future.

Please tell us a little about the person you are caring for:

Please also tell us about the things you do to help the person you care for:

How long have you been helping them?

On average, how many hours a week do you spend caring or providing support?

3. What support do you get with your caring role?

Please answer as fully as possible. Supports could include from a Young Carers Project, at school or by receiving help from somebody else to care for the person you look after sometimes. We ask you about this so that we can make sure that you are getting the best support possible and so we can signpost you to other services if they might be helpful.

Do you have a Young Carers Statement?

<p><i>A Young Carers Statement is a plan which contains details about you and your caring role, it's purpose is to make sure you get the right support</i></p>	
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4. What would having a break mean to you?

Please tell us why you here need a break. Things you could mention here include: what you find difficult about your caring role sometimes, the impact that your caring role might have on your family life, mental health and wellbeing and your ability to get time to do things that matter to you and help you to relax.

If you would like to have someone come with you on your break like a friend, a support worker or your cared-for person then please let us know why this is important to you.

5. About your break

Please give us as much information as you can about the planned break and how you would like to use the funding you have applied for. Remember that Fund is not just for holidays or trips away from home – see the Guidance Notes for examples of the kind of things we can support. If you are not clear at this stage what break would be best for you please contact us before filling out this section and we can help you to choose.

Please ask your Supporter to help enclose with the application, a quotation which shows the likely costs of your break e.g. a link to a product showing its costs, a quote from a service provider such as a gym or music lessons, or a quote from an activity provider. If you are unsure about how to cost your break, please contact us for help. We ask you for a quote because we sometimes need to provide evidence to funders and other professional bodies about what our Funds have been spent on.

Remember to include: what you would like to do, when and who will take part if you would like someone else to accompany you or whether it is a break that is just for you.

What is the estimated cost of the break?	£
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Have you included evidence of the cost?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If no, please tell us how you have worked out the cost of the break:	

6. Break Outcomes

These questions are about the difference the break will make. We have listed the three main areas we would like to focus on, but we have added an additional box so you can tell us about any other benefits you think a break might bring. Your break does not have to meet all of the outcomes; choose the outcome or outcomes which are most relevant to you.

Will the break improve **your** mental and/or physical wellbeing? (If yes, please explain)

Will the break improve **your** opportunities to socialize or take part in an activity that you enjoy? (If yes, please explain)

Will the break improve benefit your cared-for person in any way? (If yes, please explain)

How will the break support **you**, the carer in your role? (please explain)

Please describe any other benefits you expect to gain from the break:

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7. Ensuring the break is a success

We understand that carers' circumstances can change very quickly. These questions are designed to help support you to think of the things that you and your cared-for person may need to ensure your break is a success.

Have you discussed the proposed break with the cared-for person?

Yes No

If not, please explain why:

Will the cared-for person cooperate with the proposed arrangements?

Yes No

What do **you**, the carer, need to do to ensure that the break is successful for you?

What has to be considered to ensure that the break is successful for the person receiving care?

Are there any possible problems that might get in the way? What steps can be taken to overcome them?

8. Supporter

Please provide the name and contact details of someone in a professional role, who can confirm your caring role. (e.g. GP/ District Nurse/ Voluntary Sector Worker/ Other healthcare professional/Guidance Teacher)

Name:	
Address:	
Telephone no.:	
Email address:	
How do they know you?	

8. Signatures

I confirm that all information provided on this form is accurate and true. I understand that the panel may seek additional information in support of this application. I am aware that I can only receive one funding award in a twelve month period. I agree to complete the brief evaluation exercise (either a form or a telephone call) if I am successful, and to submit proof of purchase/receipts with regard to my break.

Carer's signature		Date (DD/MM/YYYY)	
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11. Application Process

Where did you find out about Armed Forces Young Carers Fund?	
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Completed application forms should be sent to:

By Post: RCET, 15 Hill Street, EDINBURGH, EH2 3JP.

By Email: familysupport@rcet.org.uk.

Applications can be submitted at any time, funds permitting. Applications will be assessed continuously and you should hear from us within two weeks for an outcome. It may be slightly longer if your application reaches us just before the School Holidays.