

## R&R – Armed Forces Young Carers Fund

### Guidance Notes

#### 1. Introduction

The purpose of the Armed Forces Young Carers Fund is to improve the range and availability of respite activities for Armed Forces young carers, and the people that they care for.

#### **Carers can apply for up to £250 from the Armed Forces Young Carers Fund**

Short breaks can make a huge difference to carers and the people that they care for by providing time to rest, to be themselves, to pursue a hobby, catch up with friends or just relax and recuperate. For some people a short break is something they enjoy having together (the carer and the cared-for person) and for others it is about enjoying quality time apart.

It is hoped that the Fund will become a permanent offering however in its first year it will run from the **1st of October 2020 to the 1st of October 2021.**

#### 2. Eligibility Criteria

Applicants to the Fund must be:

- Under 18 years old
- A Young Carer who is caring for adults or for children
- Have a parent who is serving or who has served in the Armed Forces
- Either the Carer or one of their parents must have a link to Scotland for example being born here, living, working or going to school here or having a meaningful link to Scotland. We can still provide support even if the parent with the connection to Scotland, or the Armed Forces has died or is no longer in your life.

If you are unsure if you meet the criteria then please do get in touch with us to check on 0131 322 7350 or by emailing [familysupport@rcet.org.uk](mailto:familysupport@rcet.org.uk).

#### 3. How do I know if I'm a Young Carer?

If you're a young carer, you might be looking after:

- someone in your family
- If you're caring for a parent or someone with children, you might also look after a brother, sister or a young child.

You might be caring for someone if you:

- Help them with their mental health
- Give them emotional support
- Help them during an illness
- Support them with a disability

- Support them if they have an addiction

If the person you care for needs help with their mental health, or support with how they're feeling you might:

- Comfort them during a panic attack
- Stay close by so they do not feel alone
- Help them through a crisis
- Check on them throughout the day
- Make sure they are safe
- Keep them company

If they have an illness or disability, you might:

- Help them to get around
- Dress them
- Give them (or remind them to take) any medicines they need
- Help them shower or use the toilet
- Cook their meals for them

If you think that you might be a carer then it is important to speak to somebody you trust so that your family can get the support that you need from your local authority and other support services.

## 4. What can be funded?

Carers can use the funding to spend on things like:

- a gym membership
- driving lessons
- a short holiday within the UK
- fees for an activity club or lessons to progress in a hobby
- a garden shed to create an outside chill out space
- an unlimited cinema pass
- a games console.

Basically you are the expert in your life and what respite will look and feel like for you!

Here are some of the things we definitely can't fund:

- A holiday which is abroad
- Anything over the value of £250
- Anything which we feel would put you at risk or be unsafe
- Any products such as video-games that have an age advisory for children over your age.

If you aren't sure which break would work best for you then please speak to someone you trust such as your cared-for person, a guidance teacher or your Young Carers Worker or get in touch with our Children & Families Support Co-ordinator on 0131 322 7350 or by emailing

[familysupport@rcet.org.uk](mailto:familysupport@rcet.org.uk)

## 5. How to Apply

We have limited funds so please contact us or have your supporter contact us to make sure that we still have funds available particularly if you are apply from March 2021 onwards.

Download our application form [hyperlink] and fill this in on your own or with your supporter and have them sign it.

Applications will be reviewed as they come in and you may be contacted for further information if we need this. You should find out if you are going to receive funding for your break within 2 weeks of applying, maybe longer if you apply just before any School Holidays.

## 6. Who is a Supporter?

Your Supporter should be someone who knows you in your caring role but is not related to you. Some good examples are a supporter worker or a guidance teacher. It is important that this is someone you trust and can have an honest conversation with around some of your answers on this application.

Your Supporter will need to sign the form too before it is sent to us so that we know that they have supported you to apply.

## 7. The Outcomes We Want to Achieve

We want the funding to achieve the following outcomes for Carers:

- Increased opportunity to relax and recharge
- More opportunities to socialise or take part in a hobby or learn new skills
- Improved mental health, wellbeing and resilience
- Improved opportunities to spend quality time with their cared-for people if and they wish
- An improvement in family relationships and overall family wellbeing
- Access to improved health and social care pathways including Young Carers Statements and Local Authority support.
- Raising awareness of some of the issues faced by Armed Forces Young Carers

We want the funding to achieve the following outcomes for the Cared-for Person:

- An improvement in family relationships and overall family wellbeing
- Access to whole family support including signposting for financial advice if appropriate
- A reduction in stress, worry or anxiety about the impact on the carer.

## 8. Terms and Conditions

R&R short breaks are funded by both RCET: Scotland's Armed Forces Children's Charity and the Scottish Veterans Fund managed by Veterans Scotland on behalf of the Scottish Government. We are responsible for ensuring that this funding is used responsibly and as a result the following Terms & Conditions apply:

- You can only have one award in any 12 month period of the Fund
- All information on the form must be accurate and true when signed. If you've made a mistake then don't worry you can always contact us to correct this and it won't affect your

chances of receiving funding. It is important that you try to be as truthful as possible when filling out the form though and we are here to support you if you are unsure of anything.

- We might ask you for additional information after we've read your application this is to ensure that we can give you the best support possible.
- If you are successful we will contact you to take part in evaluation; this is where we will ask you & your cared-for person a few questions about how the break benefited you. This is so we can tell our funders about the differences they have made in Young Carers lives. We will ask you to tick that you are happy with this as part of your application as it is crucial that we get this information. Don't worry evaluation always remains anonymous unless you want your comments to be shared publicly.
- You must keep proof of purchase for example receipts or invoices and send them to us. Without these we might have to ask you for the funds back so it is very important to keep these safe and send them straight away.