**VOLUNTARY SECTOR GRANT SCHEME 2023-2024**

**Short breaks for unpaid carers**

**Application Guidelines**

***Supported by Welsh Government Amser Programme & Carers Trust Wales***

**Voluntary Sector Small Grant Scheme 2023-2024**

**Short breaks for unpaid carers**

Amser, Welsh for ‘time’, is the grant fund for voluntary sector organisations delivering personalised, flexible and creative short breaks to unpaid carers in wales.

**Amser Objective:**

By March 2025 Amser will have enabled over 14,000 unpaid carers across Wales to have a short break.

**Aims of Amser:**

The main aims of the Amser programme are to:

• Increase the availability and accessibility of short breaks for unpaid carers

• Provide personalised, flexible, and responsive break options for unpaid carers

• Prioritise and target short breaks to unpaid carers who most need it.

These aims are drawn from the 12 Key Principles listed in the research [*‘What A Difference a Break Makes: A Vision for the Future of Short Breaks for Unpaid Carers in Wales’*](https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf)and will underpin and guide the allocation of funding.

**Programme Outcomes**

Through local delivery, the Amser programme aims to achieve the following three outcomes for unpaid carers across Wales:

1. Carers and those they care for will have improved wellbeing

2. Carers will be more resilient and able to sustain the caring relationship

3. The voluntary sector will have increased capacity to deliver preventative, responsive breaks to unpaid carers

This grant scheme is for voluntary and community groups/organisations based and working in Rhondda Cynon Taff and Merthyr Tydfil and is supported by the Welsh Government Amser Programme and Carers Trust Wales.

**Eligibility: Short Breaks-what do we mean?**

Many terms are used to describe breaks from caring, including respite, short breaks,

restorative, replacement and relief care. Short breaks are associated with a shift in focus from supporting unpaid carers in their caring role to improving quality of life for both the unpaid carer and the person they support, potentially including a break taken together.

A short break is any form of service or assistance, which enables the carer to have sufficient and regular periods away from their caring routines or responsibilities, with the purpose to support the caring relationship and promote the health and wellbeing of the carer, the supported person and other family members affected by the caring situation.

Any project whose outcomes strengthen and/or sustains informal caring relationships and enhances the wellbeing of carers and the people they support is suitable for this grant scheme. Projects could be a short break including overnight stays, days out and shorter sessions such a regular activities and can be for the carer alone or with the person they care for.

**Beneficiary groups are as follows:**

* Unpaid carers of all ages including older carers, young carers, male carers, working carers, carers from minoritised ethnic and LGBTQ + communities.
* Unpaid carers and the person they care for.

The Scheme will be managed by Interlink RCT in collaboration with Voluntary Action Merthyr Tydfil (VAMT) on behalf of Carers Trust Wales.

Who can apply?

Applications are invited from voluntary and community-based organisations which are able to demonstrate that their goals will benefit individuals and/communities in Rhondda Cynon Taf and Merthyr Tydfil.

Applicants must:

1. Be a not-for-profit group/organisation.
2. Have a constitution or set of rules that have been signed or “adopted”.
3. Have a Bank or Building Society account with at least two joint signatories.
4. Have recent Annual Accounts or Statement of Income and Expenditure (audited or signed as approved by a senior person from the group)

NB: You will be required to submit copies of b) to d) detailed above.

If you are a new group, then you will be required to submit an estimate of expenditure.

**Funding available:**

* Grants of up to £10 000 are available and are for Revenue costs only.
* Your project must start in October 2023
* You must be able to spend the grant before 31st March 2024

If awarded, you will be required to sign up to Terms and Conditions which include provision of monitoring information as required.

How are applications to the grant scheme assessed?

Applications will be assessed by an independent panel including representatives from the Carers Trust Wales, Trustees/Officers of Interlink RCT and VAMT.

What help is available to assist in submitting an application?

Staff at Interlink RCT and VAMT will be available to offer advice in terms of discussing project ideas and completing the application form. However, these Officers will not be able to complete the application for you.

Monitoring and evaluation

Gathering evidence from the very start of your project is essential as progress reports must be submitted every quarter and successful applicants will be expected to maintain records in relation to qualitative and quantitative information, based on agreed performance indicators and using an outcomes framework.

Expenditure in relation to the project must be documented and all copies of invoices and receipts must be submitted for auditing purposes.

Submitting your application

Submit your application via email to [grants@interlinkrct.org.uk](mailto:grants@interlinkrct.org.uk)

you will receive an email acknowledgement.

If you wish to send your application by post, send to: Claire Blackmore, Interlink RCT, Glenview House, Courthouse Street, Pontypridd. RCT CF37 1JY.

All applications must be received by 12 noon on 29th September 2023

Please note it is the applicant’s responsibility to ensure that completed applications are received by this date.

CHECKLIST

Important: Ensure that the following is also submitted alongside your completed application form:

* Annual accounts and current bank statement
* Governing Document
* Safeguarding Policy

For further information please contact:

RCT - Anne Morris: 07736 587912 or 01443 846200 [amorris@interlinkrct.org.uk](mailto:amorris@interlinkrct.org.uk)

Or

Merthyr Tydfil – Claire Williams: 07946 495306 [claire.williams@vamt.net](mailto:claire.williams@vamt.net)