



Amser Programme 2023-24

Open for applications January 2023

Carers Trust Wales is delighted to announce that it will be the National Coordinating body of Amser, the Short Breaks funding programme. Thanks to the continued support for the needs of unpaid carers from the Welsh Government, this new national **Short Breaks Programme** for unpaid carers will increase opportunities for unpaid carers to take a break from their caring responsibilities.

Around £3.8m will be distributed in grants between £5,000-£100,000 to third sector partners to provide targeted short break opportunities for unpaid carers across Wales.

Amser will be officially launched in **January 2023** with programme partner delivery anticipated to commence from April 2023 onwards.

What will Amser fund?

Amser will fund projects which can increase the availability and accessibility of short break provision for unpaid carers across Wales. It aims to fund personalised, flexible and creative short break options, including carer group activities. Its focus will be on ensuring that support is targeted to those carers who need it most.

Funded projects will improve carer resilience and wellbeing and support the sustainability of the carer's caring relationship.

With a strong focus on equity, diversity and inclusion, Amser will ensure support is available for all unpaid carers across Wales, including those from underrepresented communities such as male carers, carers from minoritised ethnic communities and LGBTQ+ communities.

What is a Short Break?

A short break can take many forms, but will always provide an unpaid carer with vital respite time away from their caring role and some precious time for themselves.

Examples include, but are not limited to:

- A weekend away for an unpaid carer
- A midweek break for an unpaid carer and the person they care for
- A night at the cinema or meal out
- An organised trip for a group of unpaid carers



- An online fortnightly peer support group
- Weekly yoga or pilates sessions

The break can be something a carer does on their own, or it can be a break with the person they care for. It can also involve a family day out – either supported or unsupported.

Programme partners can use Amser to trial new ideas and approaches around what a short break is and demonstrate different ways of giving carers a break.

Who can apply?

Third sector organisations based in Wales or working in Wales will be able to apply.

How much funding will be available and what size of grant?

Approximately £1.9m will be available in both 2023-24 and 2024-25 financial years.

Grants of between £5,000-£100,000 will be available and organisations can apply for a one-year or two-year grant.

How can I register interest in getting an application pack?

Application packs will be available in January 2023. If you would like to register for a pack to be sent to you directly, please email shortbreakswales@carers.org.