

# Carers Wellbeing Budget

**Do you provide unpaid support for a person who due to illness, disability, frailty, a mental health condition, experiencing a problem with drugs or alcohol, or other additional needs, cannot cope without your support?**

✓ You are an unpaid carer.

**Is the person you care for an adult living in Nottingham City? Would a break from caring improve your wellbeing?**

✓✓ You may be eligible to access a Carers Wellbeing Budget (CWB).

## What is a Carers Wellbeing Budget?

Carer Wellbeing Budgets (CWBs) are small payments funded by the Council aimed at improving your wellbeing and reducing stress by funding a break from your caring role. This may be through:

**A Wellbeing Activity**– such as a gym/swim class, a theatre trip, National Trust membership, etc.

**Respite Care**– using a Personal Assistant or Care Agency to provide support for the person you care for, allowing you to take a break from your caring role.

CWBs give you **choice and control**, letting you choose who provides respite care and what activity you want to access to improve your wellbeing. **You would be responsible for booking** the respite care or wellbeing activity **and making the payment** to the care or activity provider with your CWB.



**Get in touch!**  
Via the [Carers Hub](#)  
08088021777

**Have a conversation!**  
Find out if you are eligible... Tell your story and explain your needs.

**Receive payment for a break.**

If you are eligible and feel you would benefit from a break; you could get your chosen activity or respite care paid for.