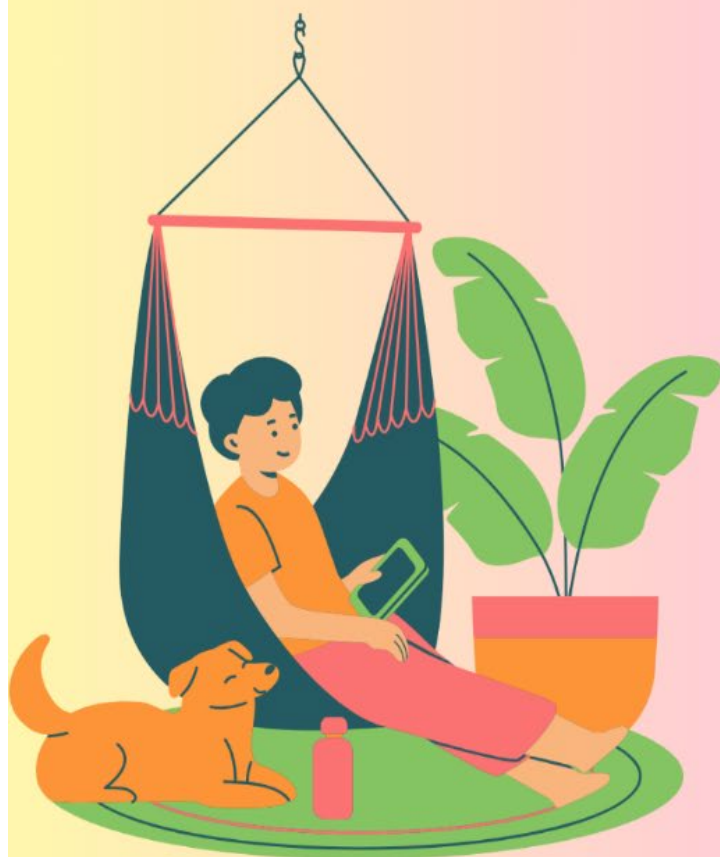


CARERS TRUST

Sefton Carers
Centre

Take a Break You Need it!

Sefton Carers Centre can offer unpaid carers a short break to unwind and refresh. Over 200 UK hotels are available to choose from.



Breaks are provided by Carefree.

The breaks consist of a 1-2 night hotel stay, including breakfast.

To be eligible, you must be 18+

Your break can include a companion at no extra cost. £150 will be awarded by Sefton Carers Centre to cover travel costs and other sundries.

contact :

help@carers.sefton.gov.uk

0151 288 6060

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