



Time to Live Guidance Notes

June 2026/2027

APPLICATIONS WILL BE OPEN FROM

JUNE 2026

1. What does a Short Break look like?

Funding is intended to be flexible and provide Carers with a break from day-to-day routines, a chance to try new things and participate in social activities, time to rest and recharge their batteries.

Breaks could include:

Overnight stays, day trips, fitness / memberships, therapies / self-care, entertainment, classes / lessons, hobbies / interests, equipment / IT

For example – city breaks, caravan holidays, bus trips, swimming lessons, gym memberships, cinema passes, spa treatments, tickets for concerts/theatre, streaming services, arts & craft kits, garden equipment, fishing gear. Grants can also be used to fund joint breaks and activities for the Carer and the person they care for.

The fund aims not to set restrictions on the nature or length of the break and welcomes creativity and original ideas. It is not, however intended to fund services which local authorities and health authorities already provide.

Examples of items that cannot be funded include:

Household bills, food, energy costs, debt, repairs, carpets, furniture, white goods, gifts, driving lessons, pre-booked holidays, pre-purchased items

2. Who can apply for Time to Live Grant?

Applications must meet the following Eligibility Criteria:

A. Applicants must be an adult or young person (under 18) who provides care for another person. The Carer provides unpaid care to a family member, partner, relative or friend who needs help to manage a long-term condition, disability, physical or mental health or addiction.

B. The Carer must live in Renfrewshire.

C. Parent Carers of severely disabled children aged 17 and under are encouraged to apply to the Family Fund (Take a Break) initially before applying for Time to Live/Short Breaks fund.

D. Parents of Young Adults aged 18-24 still living at home, may be eligible for a 'Your Opportunity' grant. Opportunity grants can be awarded for digital equipment, club membership fees, transport, day trips, driving lessons and more. See eligibility and application information at www.familyfund.org.uk

E. Consideration will be given by panel if more than 1 application per household is received.

F. Receipts and evidence of previous grants spending have been received by us prior to the new application, as per the signed Terms and Conditions.

G. The application form should be completed by the main unpaid Carer named in the application and signed.

H. Bank details – The main Carer must provide their own bank details in their application. Young Carers (Under 18) must provide bank details of their guardian.

3. Grant Information

Grants for 2026/2027 – If this is your first application for a Time to Live grant, you may apply for a maximum of £300. Applicants who have previously received a Time to Live grant may apply for a maximum of £250.

We currently do not send out any paper copies of the form.

If assistance is required to complete an application form or have any enquiries, please email: grants@renfrewshirecarers.org.uk or call the Short Breaks Team on 0141 887 3643.

Successful applicants will be sent an email with their outcome and paid via Bank Transfer to the main Carers account details provided in the form. Cash cannot be given.

Proof of spending is required and should be sent to:

grants@renfrewshirecarers.org.uk within 3 months of the break being taken. Grants must be used within 12 months of the date of email confirmation. We are happy to accept screenshots/ photographs of your receipts, emails or paper receipts can be sent to the Short Breaks Team at the Centre.

Failure to return evidence of spending may result in future applications being declined.

Please wait until you receive your email confirmation before booking or purchasing any items. We cannot accept receipts dated prior to the confirmation email, as these will be considered pre-booked or pre-purchased items.

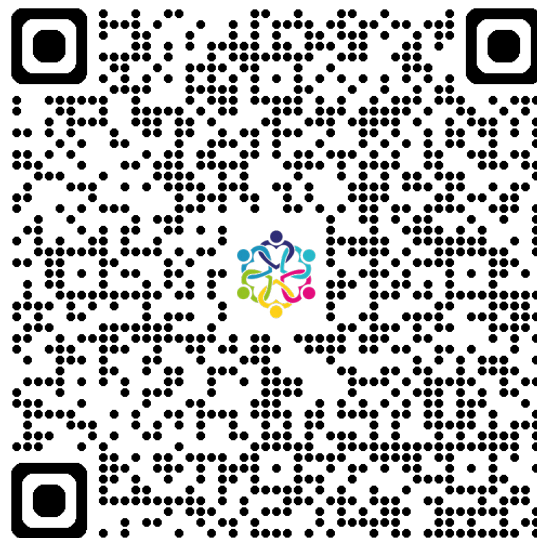
By submitting this application Carers consent to 3rd party sharing of anonymised data with our funders. This data and the feedback requested from applicants (Carer Stories) helps us show the positive impact of all Short Breaks to our funders. This feedback also helps us improve our application process and delivery. You will be asked to sign and agree our terms and condition at the start of the application process.

Allow up to 8 weeks from submitting your application for notification of the outcome of the Awards Panel.

Please do not call the Centre for an update on your application during this time.

Start your application by scanning the QR code below with your mobile phone camera, or by using this link:

<https://tinyurl.com/timetolive-2026>



RENFREWSHIRE CARERS CENTRE
A Lifeline for Carers in Renfrewshire



**Short
BREAKS fund**