

Time Out for Carers Fund Impact Report 2025/2026



Photo credit: Hubberston & Hakin Community Centre

Fund delivered by Pembrokeshire Association of Voluntary Services in collaboration with key partners & colleagues from Pembrokeshire County Council



Report Sections

1	Project Detail
2	Scheme Promotion
3	Fund Outputs
4	Special Moments
5	Fund Outcomes
6	Conclusions

1. Project Detail

This report covers the third year of delivering the Time Out for Carers Fund through Round 3 during the 2025 / 2026 financial year. The Fund offered **small grants to voluntary community sector, social enterprises & Town/Community Councils** for projects increasing the availability and accessibility of short, personalised breaks for all unpaid carers in Pembrokeshire and encouraging creative ideas to support carers to take breaks from caring.

An **unpaid carer** is “anyone, of any age who provides unpaid care and support to a relative, friend or neighbour who is disabled, physically or mentally ill, or affected by substance misuse. Unpaid Carers are the single largest provider of care to people with support needs in our communities, and they save the NHS and Social Services millions of pounds a year” (Source: Welsh Government, 2013).

Grants of up to £4,000 for up to 100% of project revenue costs for projects offering short breaks for unpaid carers in Pembrokeshire. This may include minor items of equipment relating to the overall project (up to the value of £500).

Short breaks are;

“Any break, which strengthens and/or sustains informal caring relationships and enhances the wellbeing of carers and the people they support. This may be achieved through a service, an activity or an item.”

“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.”

**Carers Trust Wales ‘What a Difference a Break Makes’ Report
(Nick Andrews & Diane Seddon, 2021)**

The Fund wishes to support projects providing personalised, flexible and responsive short break options, that reflect the diversity of the carer population. Funded projects will offer creative break options in the local community & communities of interest as well as nurturing the development of peer support.

(Extract from the Guidance Notes)

The grant was managed by Pembrokeshire Association of Voluntary Services (PAVS) in partnership with Pembrokeshire County Council and funded through Welsh Government.

All applicants:

- Showed funding was for activity and short breaks taking place in Pembrokeshire.
- Considered how they support unpaid carers around some of the barriers to accessing short breaks and be able to signpost carers to information as needed.
- Targeted those carers most in need e.g. those caring for 50 plus hours a week, those without current access to a short break and those with complex needs and those caring for them.
- Spent funds by 16th March 2026.

The Fund supported projects with the following **outcomes**:

- Improved wellbeing for carers and those they care for.
- Greater resilience of carers and improved ability to sustain the caring relationship.
- Increased capacity to deliver preventative, responsive breaks for carers.

Applicants were encouraged to consider how their project reflected the 12 Key Principles set out in the “What a Difference a Break Makes” research. These principles underpinned and guided the funding allocations. The full report is linked here:

<https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf>.

A total of **£42,750** was awarded by the Time out For Carers Fund, funded by some of Pembrokeshire County Council’s Welsh Government Short Breaks Funding allocation.

Applications for funding supported new activity **and** expansions of existing activity.

Please note: all application documents are available from PAVS including the full application pack, guidance notes and monitoring forms.

2. Scheme Promotion

PAVS launched the Time Out for Carers Fund in June 2025. Application packs were sent to PAVS mailing lists including the active and engaged Funding email circulation list. Packs were available to download from PAVS’ Funding Advice Service Padlet.

The grant scheme was promoted via PAVS’ Funding Advice Service Padlet, on the Funding Wales funding search website, PAVS’ website, social media, newsletters and various networks. It was also promoted through the Carers Provider Forum in Pembrokeshire and through PAVS networks.

The application deadline was **Monday 12th May 2025**. Applications received were processed by PAVS and checks carried out to ensure applicants met the fund eligibility.

A multi-agency panel meeting took place with representatives of Pembrokeshire County Council’s Commissioning Team and Pembrokeshire Association of Voluntary Services bringing a range of valuable knowledge to the process. The panel met virtually to assess the applications which works well.

Table Detailing the 13 Funded Projects - Round 3


Ref No	Group	Funded Project	Amount Approved
ToFC-25-03-02	ASD Family Help	To run a series of sessions around the theme of '5 ways to wellbeing' and financial support for carers.	£2,000.00
ToFC-25-03-03	Blue Horizons Coastal Adventures	To deliver inclusive short breaks for carers & if required/appropriate the people they care for, through adaptive surfing sessions and accessible boat trips.	£4,000.00
ToFC-25-03-04	Carers Trust Crossroads West Wales	Micro-grants for individual carers to access various breaks.	£2,000.00
ToFC-25-03-06	Get the Boys a Lift	To deliver counselling sessions for unpaid carers.	£4,000.00
ToFC-25-03-07	Hubberston and Hakin Community Centre	To support for carers over a 20-week period through various activities and information sharing.	£3,924.00
ToFC-25-03-08	Inclusive Equine Cymru CIC	Carers opportunity for a short break which includes the therapeutic benefits of spending time with horses.	£1,182.62
ToFC-25-03-10	Pembrokeshire People First	PPF's 'Rest & Connect' project. Short breaks - Coastal calm, music and mindfulness sessions.	£4,000.00
ToFC-25-03-11	Pobl Tir Môr CIC	Collaborating short breaks for carers; working with a co-production unpaid carers group.	£4,000.00
ToFC-25-03-12	Redberth Croft CIC	To support carers, providing them with access to nature-based activities, creative workshops, and social engagement opportunities on a drop-in basis.	£4,000.00
ToFC-25-03-15	Tea Dewi	Wellbeing and creativity sessions, delivered in St. Davids with music, relaxation and movement.	£2,436.88
ToFC-25-03-16	Tenby Project CIC	Friday afternoon wellbeing and relaxation activities for carers in Tenby.	£3,956.50
ToFC-25-03-17	VC Gallery	'Journey Together' Project - supporting carers with local short breaks for carers and their cared for.	£3,250.00
ToFC-25-03-19	Y Filltir Sgwar	Weekly Community Day sessions in Crymych to support carers with social, creative and wellbeing activities.	£4,000.00
Total Funding Allocation			£42,750.00

Map showing Time Out for Carers Fund Project Coverage Across Pembrokeshire

Carers Trust Crossroads West Wales,
Pembrokeshire People First,
Pobl Tir Môr CIC,
VC Gallery

 Pembrokeshire County Wide

Blue Horizons Coastal Adventures

 Broad Haven, Manorbier Beach,
Neyland Milford & Haven Marina

ASD Family Help

 Tenby, Milford Haven,
Pembroke Dock & Haverfordwest

Get the Boys a Lift

 Haverfordwest

Hubberston and Hakin Community
Centre

 Milford Haven

Inclusive Equine Cymru CIC

 Newport

Redberth Croft CIC

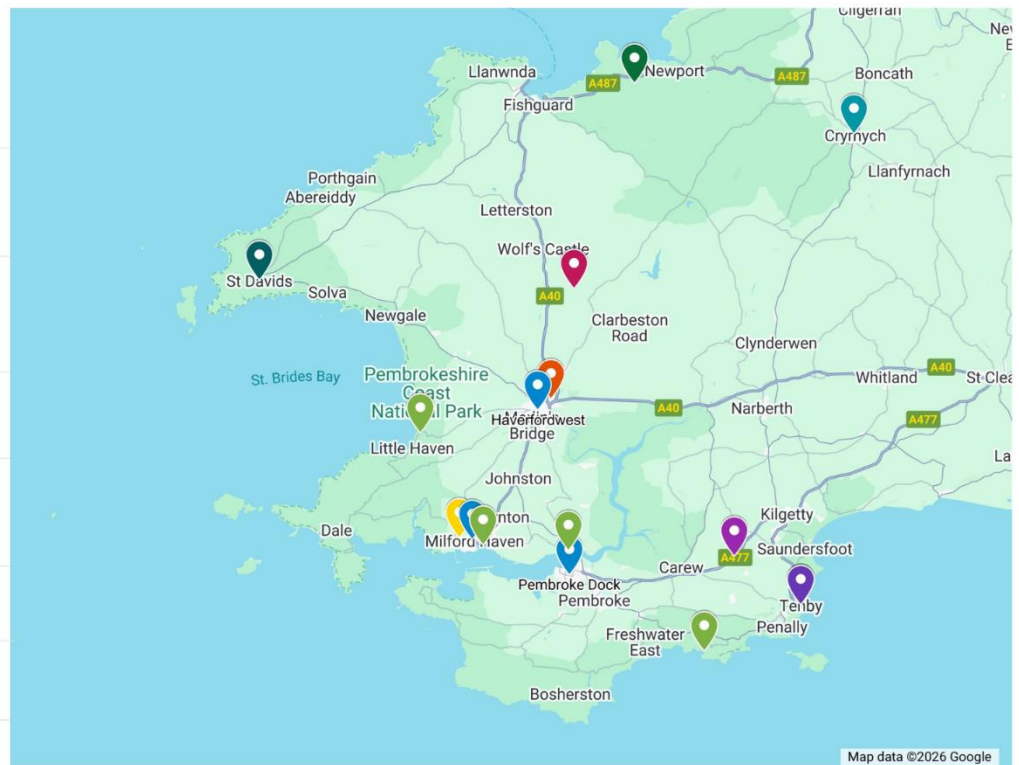
 Tenby

Tea Dewi

 St Davids

Tenby Project CIC

 Tenby



3. Fund Outputs

Funded projects completed two monitoring forms; a Finance Report form and a Monitoring Report Form. Groups were asked to return these within three weeks of their final project delivery date (31st March 2026).

All funded groups completed the required monitoring forms.

Each funded project contributed to one or more of the Fund Outcomes and demonstrated a contribution to these in their application. The potential for proposed projects to achieve these outcomes formed part of the panel decision to support each project.

In their monitoring projects achieved the following Fund outcomes;

- all 13 projects contributed to the **improved wellbeing for carers and those they care for** outcome.
- 12 projects contributed to the **greater resilience of carers and improved ability to sustain the caring relationship** outcome.
- And 9 projects felt that they met the outcome of **increased capacity to deliver preventative, responsive breaks for carers.**

As part of this monitoring, groups gave detailed figures for a series of outputs. These related to some of the key figures required by Welsh Government reporting and also felt to be of a valuable measure of the project successes.

- Total no. of carers supported by this project & as a subset of the total no. of adult carers & the total no. of young carers
- Gender of carers supported
- No. of carers supported in age groups
- No of breaks provided (counting each individual break from caring provided including where a carer accesses more than one break
- No. of carers reporting a good experience as a result of the project
- No. of carers reporting that the project has supported them to maintain or improve their health & wellbeing
- No. of carers reporting they would like to access this type of break again
- No. of people in receipt of care directly benefitting from the Project
- (For projects with an option for the cared for person to also attend, or where the Project is funding replacement care)
- No. of people in receipt of care indirectly benefitting from the Project (i.e. the person in receipt of care did not attend the break with the carer but may indirectly benefit as a result of the carer coming back refreshed from a break)

Groups completed an Ethnic Groups form showing numbers supported by projects.

Fund Outputs Table

Totals:

No. of carers supported	As a subset total no. of adult carers supported	As a subset total no. of young carers supported	No. of breaks provided	No. reporting good experience as result of project	No. reporting positive benefits to wellbeing	No. wishing to access this break again	No. of cared for directly benefitting	No of cared for in-directly benefitting
497	430	67	2102	388	371	372	100	128

The outcomes delivered through the funded projects show a clear and meaningful impact on the intended beneficiary group.

At least **£41,743.85** in additional funding was secured to support these projects, drawn from a variety of sources such as donated space, in-kind contributions, and the groups' own fundraising activities. It is widely understood that success in one funding application can enhance the likelihood of securing support from other funders.

Approximately **170 hours** of volunteer time were contributed to the delivery of the projects, representing a substantial added value. This input not only supported successful implementation but also reflects a valuable human resource that has been nurtured and developed through each project.

Because of the short timeframe between project completion and the submission deadline for monitoring reports, the feedback gathered primarily captures immediate outcomes. However, longer-term impacts are also expected, both for the carers involved and for the organisations delivering the projects, influencing future activities. Some anticipated longer-term outcomes were highlighted by groups in their feedback and by groups expanding previous delivery.

The qualitative insights collected through the Monitoring Report Form are presented in the sections that follow.

4. Special Moments

The following are some of the responses to the question on the monitoring form asking funded projects to; *“Share one ‘Special Moment’ from an unpaid carer to illustrate the difference this funded project made, including feedback on benefits and positive contributions to health and wellbeing”.*

ASD Family Help



“Talking (laughing and crying) with others in the same situation. Learning extra information and strategies. Feeling supported and that people understand and care”.

Blue Horizons Coastal Adventures

One young carer shared: "I care for my two brothers and I'm home-schooled, today was the first time in a while I felt like a child again" - This moment reflects the impact of the project. For that short time, the young person was able to step away from responsibility, enjoy the sea, and simply be themselves.

Another parent told us: "For the first time in years, I could simply focus on enjoying myself and learning something new felt great, then to sit and relax knowing my son was safe and happy, still in the water felt amazing. That feeling is priceless." - These moments highlight how the project not only benefits carers' wellbeing, but also restores a sense of identity, confidence and connection.



Carers Trust Crossroads West Wales

"I cannot remember the last time I felt this relaxed. For one night I slept properly, switched off, and felt like myself again. I came back feeling stronger and more able to cope. Thank you for giving me that chance."

Get the Boys a Lift

All of our front line staff took the Investors in Carers: Un-paid Carer Awareness training to ensure they knew how to communicate and signpost efficiently with unpaid carers

Hubberston and Hakin Community Centre



From a Carer husband in respect of his Stroke Survivor wife... "She loves her bowling so much that if the Stroke Survivors Club opened 7 days a week, then she would attend every day!"

From another Carer, "There's nothing like being able to talk to someone who really understands because they are going through it themselves."



Inclusive Equine Cymru CIC

“My son can find one-on-one activities overwhelming so being able to have his older brother attend the session was so brilliant. It made him feel as if he was able to do the same as his older brother. His brother really loved being able to join the session, which financially is tough for us to do usually. Having something they can both enjoy and feel connected in an activity is just magic. Hannah and Benny are always supportive and considerate of both their needs which allows their confidence to grow”.



Pembrokeshire People First



“Before I started coming to the sessions, I was feeling really tired, isolated and overwhelmed by my caring role. Most of my time was spent looking after someone else, and I had very little time just for me. At first I was nervous about attending, but I was made to feel welcome straight away and that helped me relax”.

Pobl Tir Môr CIC

- “Got to have fun, doing it all together as a family”
- “Felt beautiful and had some relaxing time”
- “Nice to have that day that we wouldn't have had otherwise”
- “Did us all the world of good”
- “Left the real world behind for a while, enjoyed our family time and memories”
- “Have made a new friend through the project”
- “Made friends with another local carer through the funding”
- “More at ease and more relaxed”
- “Look forward to the next meeting”

Redberth Croft CIC



“Redberth Croft is not just a farm. It’s a place where people can find purpose again”.

Tea Dewi



During a music session, attended by five people, we discovered two new choir members. A 79-year-old lady was ‘chuffed’ with herself for singing in a round, as she had never done this before.

Tenby Project CIC

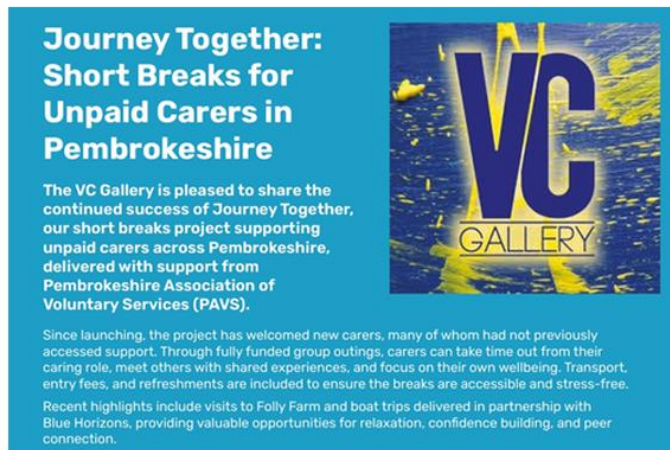


The Tenby Project
presents
**Friday Afternoon Wellbeing
and Relaxation**
gentle movement
easy art and crafts to try
self-massage techniques
Finish the week with a friendly
informal chance to relax and try a
variety of activities..
shared food
mindfulness
new skills to try
**Augustus Place Community Hall
11 till 2pm**
Every Friday except the first Friday of the month -
when we will be at the TRI Mindful Meal!
September 2025 - March 2026

Information taken from group's Facebook page

Weekly cooking demonstrations
with a shared lunch and wellbeing & craft activities.

The VC Gallery



**Journey Together:
Short Breaks for
Unpaid Carers in
Pembrokeshire**

The VC Gallery is pleased to share the continued success of Journey Together, our short breaks project supporting unpaid carers across Pembrokeshire, delivered with support from Pembrokeshire Association of Voluntary Services (PAVS).

Since launching, the project has welcomed new carers, many of whom had not previously accessed support. Through fully funded group outings, carers can take time out from their caring role, meet others with shared experiences, and focus on their own wellbeing. Transport, entry fees, and refreshments are included to ensure the breaks are accessible and stress-free.

Recent highlights include visits to Folly Farm and boat trips delivered in partnership with Blue Horizons, providing valuable opportunities for relaxation, confidence building, and peer connection.

Promotional material taken from the Carers Trust Newsletter

"No stressing about driving... just being able to relax and enjoy the day made such a difference."

"The day was absolutely refreshing... full of friendliness, encouragement and a boost to what can often be a lonely and isolating existence for a carer... just had a grand day out."

Y Ffilltir Sgwar



A carer was able to leave her mother safely engaged while she briefly went out - something she had not been able to do previously. In the same session, a Welsh-speaking participant with dementia reconnected through their own Welsh language, showing increased engagement and joy at recognising a neighbour and recollecting stories about friends and family. Whilst this gentleman has since passed, the learning we took from his experience is that language matters.

5. Fund Outcomes

The Time Out for Carers Fund is a strong example of a small revenue fund delivered effectively from commencement to completion within a relatively short timeframe. Over the course of 9 months of delivery, it provided clear, evidenced benefits to applicant organisations, their beneficiaries, and the communities in which projects were delivered.

For this 3rd year, it was encouraging that groups had a longer lead-in time compared to Round 2. Future rounds would benefit from similar lead-in times, where funding is confirmed early. This is particularly important for a revenue fund, as it supports timely project start-up, allows for longer delivery periods, and enhances the overall benefits and impact of the projects.

What Worked Well / Good Practice

Groups were asked: *What went well with the delivery of the Project? Is there anything that you're particularly proud of or would consider as good practice?*

Positives reported by funded projects included:

- ❖ Created **safe, non-judgemental and welcoming environments** where carers felt supported, **encouraging openness, trust, and a sense of belonging**.
- ❖ Delivered highly **flexible, personalised and person-centred support**, allowing carers to choose breaks that suited their individual needs.
- ❖ Offered **accessible and meaningful short breaks** that were restorative, enjoyable, and **shaped directly by carers' feedback**.
- ❖ Provided sessions at **convenient** times (including mornings, evenings, and weekends), improving accessibility and participation.
- ❖ **Removed practical barriers** such as transport, coordination and costs, making it easier for carers to take part.
- ❖ Developed a **strong relationship-based approach**, engaging carers who may not typically access formal services.
- ❖ Maintained **ongoing involvement from carers** through a committed **co-production group**, showing sustained value and engagement.
- ❖ Offered a **wide and relevant range of activities**, often community-led, which increased participation and enjoyment.
- ❖ Supported **staff development** through targeted training, strengthening understanding of unpaid carers and improving delivery.

Challenges

Groups reported on challenges faced, these included:

- ❖ **Carers often struggled to attend** due to caring responsibilities, including illness of the person they care for, school absence, or home education, leading to frequent last-minute cancellations.
- ❖ **Transport difficulties** and general **access barriers** limited attendance and participation.
- ❖ **Demand for support often exceeded available funding**, restricting the number of carers who could be supported.

- ❖ Some services became financially unsustainable due to **high demand**, leading to provision being delivered at the organisation's own cost.
- ❖ **Seasonal and weather-related factors** (especially winter conditions and adverse weather) reduced delivery opportunities and disrupted activities such as sessions and coastal trips.
- ❖ **Lower-than-expected uptake** occurred in some areas despite promotion and outreach efforts.
- ❖ Practical constraints such as **lack of time to manage reporting** (e.g., due to expanding services like opening a second café) impacted administrative capacity.
- ❖ **Scheduling challenges** affected participation, with some carers needing to shift attendance (e.g., from morning to afternoon sessions).
- ❖ **Gaps in local coordination** (e.g., absence of a care lead) contributed to reduced engagement in some locations.

Groups were asked if there were any ways to overcome these challenges or if there was anything they would do differently:

- ❖ **Increase flexibility** of delivery, including drop-in, **family-friendly options**, and a wider **range of times and locations** to improve accessibility.
- ❖ **Expand delivery** during spring and summer to maximise participation and reduce weather-related disruption.
- ❖ Introduce more sessions or **adjust timing to meet higher demand**, including exploring one-session-per-carer models to reach more people.
- ❖ **Strengthen and coordinate transport** solutions and actively address barriers such as childcare and travel access.
- ❖ **Improve communication** with counsellors and partners to ensure accurate and consistent data collection.
- ❖ Maintain **flexible booking systems**, waiting lists, and regular contact with carers to fill spaces and respond to changing availability.
- ❖ Continue providing **personalised support**, including practical help, signposting, and tailored approaches to individual needs.
- ❖ **Adapt session locations** to improve comfort, accessibility, and engagement opportunities.
- ❖ **Increase promotion** and outreach to improve awareness and uptake.
- ❖ Provide clearer **ongoing check-ins with carers** to identify and respond to barriers earlier.
- ❖ Advocate for larger or **more flexible funding** to better match demand and sustain delivery.

Overall, the solutions listed show organisations moving from fixed delivery models towards a more flexible, needs-led, partnership-based service designed around carers' experiences.

Fund Outcomes

Short-term

Long-term

Reduced stress, improved wellbeing, and immediate respite for carers	Improved resilience and ability to sustain caring roles
Carers felt calmer, more relaxed, valued, and better able to cope	Reduced risk of crisis, burnout, and breakdown in caring relationships
Reduced isolation through immediate social interaction and shared experiences	Stronger and sustained peer support networks and friendships
Increased confidence to participate in activities and access support	Greater confidence to seek support earlier and engage independently with services
Positive emotional impact, including enjoyment and improved mood	Better mental health management and use of coping strategies over time
Opportunity for carers to take time away from caring responsibilities safely	Embedding of regular breaks and wellbeing practices into carers' routines
Access to enjoyable, creative, and relaxing activities (including family shared activities)	Improved long-term wellbeing through continued engagement in meaningful activities
Immediate sense of belonging through peer groups and supportive environments	Stronger community connections and ongoing integration into support networks
Increased awareness of rights, benefits, and available services through signposting	Increased uptake of preventative and early intervention support services
Identification of hidden or previously unsupported carers	More proactive engagement with support services and improved service reach
Practical support provided (e.g. transport, access arrangements, flexible attendance)	Improved accessibility of services through more inclusive and responsive provision models
Increased trust and willingness to engage with services	Strengthened referral pathways and partnerships with local organisations
Families and young carers experienced positive shared time and improved mood	Improved family relationships and sustained positive caring dynamics
Carers gained initial exposure to support services and group activities	Long-term engagement with support services and reduced social isolation
Immediate access to information, peer support, and wellbeing activities	Stronger, co-produced and evidence-based models for future service delivery
Flexibility enabled participation in ways suited to carers' needs	Sustainable, accessible short break provision embedded in future planning

The outcomes demonstrate that funded projects delivered both immediate impact for carers and meaningful longer-term systemic benefits, showing value beyond short-term respite.

Overall, the outcomes demonstrate that supported projects were not just providing breaks, but actively improved wellbeing, prevented crisis, strengthened support systems, and built long-term capacity for carers and services alike.

6. Conclusions

The third year of the Time Out for Carers Fund has been highly successful, supporting an 82.7% increase in the number of carers reached compared to the previous year, despite the total funding remaining unchanged. In addition to this, an additional 1,248 breaks were provided this year.

Seven of the thirteen funded groups reported that they were able to continue their projects beyond the funding period, reflecting strong commitment to sustaining their work, while also highlighting the ongoing need for continued funding to maintain and expand delivery.

The Fund continues to demonstrate the value of responsive revenue funding, with adequate resources distributed to services able to respond dynamically. Delivering immediate and meaningful benefits for unpaid carers.

This report also shows that longer-term benefits for unpaid carers in Pembrokeshire are emerging, with clear evidence that the intended outcomes of the fund are being achieved. In addition, the learning developed by delivery organisations is continuing to strengthen support for carers across the county.

Small community groups have shown strong resourcefulness in maximising limited funding, using the opportunity as a catalyst for future development. The Time Out for Carers Fund has delivered excellent value for money while strengthening community resources and partnerships. Small funding pots like this one repeatedly deliver both immediate impact and longer-term community activity.

For PAVS, continuing to provide small, accessible funding opportunities through open, transparent, and collaborative multi-agency grant-making processes remains a key priority.

As this year of delivery concluded, PAVS was pleased to receive confirmation that the Time Out for Carers Fund will continue into 2026/27. It was also announced that additional development funding may be available for 2027/28 for groups demonstrating successful project delivery.

Application Form, Guidance & Monitoring form all available from PAVS

Report written by Rachel Hagan, PAVS Funding Development Officer

Report completed April 2026

