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Press Release 9 June 2025

**Carers Trust Wales helps over 50,000 unpaid carers through two transformative schemes**

Carers Trust Wales reveals that over the last two years (2023-2025) it has helped over 50,000\* unpaid carers in Wales to access a break from caring through the Short Breaks Scheme and receive vital financial support through the Carers Support Fund.

Thanks to funding from Welsh Government, it has awarded nearly £8 million to over 40 charities, Third Sector organisations and local authorities across Wales. These orgnisations have delivered a range of breaks through the Short Breaks Scheme to provide some much-needed respite, allowing carers and those they care for, time to relax and recharge. The direct grants and support received through the Carers Support Fund have helped to relieve financial pressures, empower carers with life-skills, offer emotional support and improve their quality of life. Both schemes have enhanced unpaid carers ability to continue their caregiving roles.

Simmi Woodwal, CEO of The Honeypot Children’s Charity, one of the organisations awarded funding for the Short Breaks Scheme, says:

*“***There are over 8,000 young carers in Wales who desperately need support. They often experience high levels of anxiety, severe social isolation and many fall behind in school due to the pressure of their caring responsibilities at home. In addition, the families that we support are very often financially disadvantaged. The funding we receive from Short Breaks Scheme is incredibly important, it helps us to offer young carers a much-needed break to ensure they are making happy memories and building brighter futures.”**

Kate Cubbage, Director Carers Trust Wales, says, “We are proud that, together with our network of local carer organisations, Carers Trust Wales has enabled over 21,000 unpaid carers to benefit from the Short Breaks Scheme and helped almost 30,000 unpaid carers through some of the toughest times thanks to the Carers Support Fund.

“As we mark Carers Week, we should celebrate the success of these two schemes, and recognise that, thanks to Welsh Government funding, Wales is leading the way. These vital schemes are truly preventative in approach and complement the support delivered by our statutory partners, enabling tens of thousands of carers to access their rights and entitlements and improve their wellbeing. If we are serious in our commitment to valuing, sustaining and recognising unpaid carers in Wales, we need to see ongoing commitment to these transformative programmes.

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Two women sitting at a table with food on a tray

AI-generated content may be incorrect.Photo caption: Unpaid carers enjoying a short break, supported by Race Equality First through the Short Breaks Scheme and Carers Support Fund

**Notes to Editors**

\*Carers Trust Wales has surpassed the overall two-year target for the Short Breaks Scheme of supporting **14,000** unpaid carers by 31 March 2025 and has reached in total **21,539 (71.7%)** of the overall joint Carers Trust, Regional Partnership target of supporting 30,000 to take a short break.

Since the inception of the Carers Support Fund, the programme has supported over **29,000** carers, far exceeding the original target of reaching 15,000 unpaid carers by 31 March 2025.

**About Carers Trust Wales**

Carers Trust Wales, part of Carers Trust, aims to shape a better future with and for carers in Wales by raising awareness, empowering carers and influencing change. It is committed to making sure that all carers receive the recognition and support they deserve. It works closely and collaboratively with Network Partners – local and regional independent charities which deliver information, advice and practical support for unpaid carers in Wales.

Carers Trust website: [www.carers.org](http://www.carers.org)

**About the Short Breaks Scheme**

With an overall budget of £12.5 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Orgnisations apply for the funding to deliver the activities.

The Short Breaks Scheme was launched in 2022 to support 30,000 unpaid carers from across Wales to take a much-needed break from their caring responsibilities by 2025. Thanks to continued funding from Welsh Government, it now runs until 2026 and will support an extra 16,000 carers to have a break. Carers Trust Wales is the National Coordinating body of the scheme, distributing grants to charities and Third Sector organisations across Wales.

Short Breaks Scheme website: [www.shortbreaksscheme.wales](http://www.shortbreaksscheme.wales)

**About the Carers Support Fund**

The Carers Support Fund, funded by the Welsh Government, aims to provide essential services and grant funding to support unpaid carers who are facing financial hardship, particularly due to the rising cost of living**.** Since its inception in 2022, the Carers Support Fund has provided grant funding to local organisations and aided almost 30,000 unpaid carers across Wales. These grants offer crucial relief to individuals who are caring for loved ones in need, helping to alleviate financial pressures. Thanks to continued funding from Welsh Government, it now runs until 2026 and will support an extra 8,000 carers.

Contact: Jude Wood: [jwood@carers.org](mailto:jwood@carers.org); Catrin Edwards: [cedwards@carers.org](mailto:cedwards@carers.org)

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