



## Who we are

The aim of Respitality is to provide a short vital break from routine for unpaid carers in Scotland when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break free of charge.

## Why is Respitality needed

Being an unpaid carer can have positive and rewarding aspects, but it can also be isolating as well as physically and mentally demanding. For a range of reasons, including financial pressures, carer concerns and limited time, it is often difficult for carers to take the time out to fully recharge, or to spend quality time on their own or with family and friends.

“I was able to have a break from my usual daily chores... I found time to spend for myself doing things I don't usually have time for.”

All names have been changed for confidentiality purposes.



**SHETLAND:** Melissa received a gym pass to enable regular breaks and improve her fitness and wellbeing.



“It gave me time to think about the things on my mind. I was able to go home with an action plan and with a renewed outlook on life.”

“I believe I could not have continued successfully in my caring role without this support.”



**NORTH ARGYLL:** Nicole re-visited a childhood holiday destination in Scotland which held fond memories.



**ANGUS:** Daniel went on a fishing trip and re-discovered a previous hobby.



**PERTSHIRE:** Amanda felt less socially isolated after a night at the local music theatre.



**DUNDEE:** A donation of four haircuts over the year helped boost Stephanie's confidence.



**LANARKSHIRE:** Emily and her daughter had a great night re-connecting at their local bingo hall.

**FALKIRK:** Sarah stayed in a dog friendly self-catering lodge which she would otherwise not have afforded.

**EDINBURGH:** Jenny took her son to an educational visitor attraction where she built positive memories with him.



**EAST AYRSHIRE:** Josh was able to take his wife out for lunch and enjoy a relaxing day away from home.

