

GRANT GUIDANCE

AMSER VOLUNTARY SECTOR GRANT

SCHEME 2025-2026

Short breaks for unpaid carers

*Supported by Welsh Government Amser Programme & Carers
Trust Wales*

Application Guidelines

Short breaks for unpaid carers

Amser is the grant fund for voluntary sector organisations delivering personalised, flexible and creative short breaks to unpaid carers in Wales. This grant scheme is for voluntary and community groups/organisations based and working in Rhondda Cynon Taff and Merthyr Tydfil. The Scheme will be managed by Interlink RCT in collaboration with Voluntary Action Merthyr Tydfil (VAMT) on behalf of Carers Trust Wales.

Aims of Amser:

The main aims of the Amser program are to:

- Increase the availability and accessibility of short breaks for unpaid carers
- Provide personalised, flexible, and responsive break options for unpaid carers
- Prioritise and target short breaks to unpaid carers who most need it.

These aims will underpin and guide the allocation of funding and we suggest all applicants read the following document to inform their application,

[‘What A Difference a Break Makes: A Vision for the Future of Short Breaks for Unpaid Carers in Wales’](#)

Programme Outcomes

Through local delivery, the Amser program aims to achieve the following three outcomes for unpaid carers across Wales:

1. Carers and those they care for will have improved wellbeing
2. Carers will be more resilient and able to sustain the caring relationship
3. The voluntary sector will have an increased capacity to deliver preventative, responsive breaks to unpaid carers

Eligibility: Short Breaks-what do we mean?

Many terms are used to describe breaks from caring, including respite, short breaks, restorative, replacement and relief care. Short breaks are 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. A short break is any form of service or assistance, which enables the carer to have sufficient and regular periods away from their caring routines or responsibilities, with the purpose of supporting the caring relationship and promoting the health and wellbeing of the carer, the supported person and other family members affected by the caring situation. Any project whose outcomes strengthen and/or sustain informal caring relationships and enhances the wellbeing of carers and the people they support is suitable for this grant scheme. Projects could be a short break including overnight stays, days out and shorter sessions such as regular activity and can be for the carer alone or with the person they care for. Projects may build funds for respite care into the budget if required.

Groups that are a focus for this grant are:

- Unpaid carers of all ages including older carers, young carers, male carers, working carers, carers from minority ethnic and LGBTQ + communities.
- Unpaid carers and the person they care for.

Who can apply?

Applications are invited from voluntary and community organisations able to demonstrate their project will benefit unpaid carers and the person they care for. Rhondda Cynon Taf and Merthyr Tydfil.

Applicants must:

- Speak to a representative of Interlink RCT or Voluntary Action Merthyr Tydfil before applying
- Be a not-for-profit group/organisation.
- Have a signed constitution or set of rules
- Have a Bank / Building Society account with at least two joint unrelated signatories.
- Have recent Annual Accounts or a Statement of Income and Expenditure
- Be fully insured for any activity you provide.

Funding available:

- Revenue grants of up to £10,000
- You must be able to spend the grant before 31st March 2026

How are applications to the grant scheme assessed?

Applications will be assessed by a small panel including representatives from the Carers Trust Wales, Interlink RCT and VAMT.

What help is available?

Staff at Interlink RCT and VAMT are available to offer advice and discuss your project and help you to complete the application form. We may be able to help with additional costs for delivering your project through the grant, such as public liability insurance.

Monitoring and evaluation

If awarded, you will be required to sign up to Terms and Conditions which include provision of monitoring information and project reports as required. Gathering evidence from the very start of your project is essential. All expenditure must be recorded and copies of invoices and receipts must be submitted for auditing.

Submitting your application

Submit your application via email to grants@interlinkrct.org.uk. You will receive an email acknowledgement. All applications must be received by **12 noon on Friday 27 June 2025**. Please note it is the applicant's responsibility to ensure that completed applications are received by this date.

For an application, further information and support, please contact:

Interlink RCT
Community Advice Team
communityadvice@interlinkrct.org.uk
07514 744322

Voluntary Action Merthyr Tydfil
Claire Williams
claire.williams@vamt.net
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