# A picture containing text, font, screenshot, graphics Description automatically generatedA picture containing text, screenshot, font, graphic design Description automatically generated‘Amser’ delivering short breaks for unpaid carers



## Julie Morgan MS, Deputy Minister for Social Services, joins unpaid carers from Cardiff on a wellbeing walk during Carers Week to mark the launch of the Carers Trust and Welsh Government ‘Amser’ fund.

**Amser**, Welsh for ‘time’, is the grant fund for third sector organisations delivering personalised, flexible and creative short breaks to unpaid carers in Wales. More than 14,000 unpaid carers in Wales are set to benefit from much-needed short breaks funded through the Amser programme by 2025.

Led by Carers Trust Wales through the Welsh Government’s £9m Short Breaks Fund, Amser has funded 23 local organisations across all areas of Wales to deliver short breaks to unpaid carers. Over the coming two years, Amser will expand to increase the availability of essential short breaks to meet the diverse needs of Wales’ caring population.

Deputy Minister for Social Services Julie Morgan said:

“I am delighted to launch our new Amser initiative with Carers Trust Wales to provide more short breaks for unpaid carers across Wales, this Carers Week.

“It is vital that carers take a break from their caring responsibilities and recharge by doing something which they enjoy, supporting their own mental health and wellbeing in the process.

“I give my personal and heartfelt thanks to all unpaid carers in Wales and would like to let them know we are committed to supporting them and will continue to do so.”

An unpaid carer from Cardiff who marked the launch of Amser on a wellbeing walk with the Deputy Minister and other unpaid carers, said:

“Getting out and getting some fresh air and company with people who understand what I’m going through makes such a difference. I’m really pleased we’re going to have more opportunities to take breaks like this.”

Kate Cubbage, Director of Carers Trust Wales, said:

“Unpaid carers tell us time and again that being able to take time to do the things that matter to them makes all the difference. We’re delighted to be leading on Amser and to be facilitating new opportunities for unpaid carers in Wales to access the flexible and personalised breaks they so desperately need.

“We’re working hard to ensure that Amser delivers for the diverse caring communities across Wales and offers the flexibility unpaid carers need to lead a fulfilled life alongside their caring.”

Katija Dew, Interim Chief Executive Officer of The Care Collective, added:

“The Care Collective was delighted to be a part of this launch with the Deputy Minister and Carers Trust today. It meant a great deal to the carers we work with to have some time to speak directly with the Deputy Minister about what matters to them. We look forward to delivering the Amser programme in the months to come, supporting the carers in their role and continuing to amplify their voices.”

END

Notes:

* Unpaid carers in Wales will be able to apply for funded breaks through their Amser local provider. Details of providers and more about Amser are available on the Carers Trust [website](https://carers.org/around-the-uk-our-work-in-wales/amser).
* The Amser fund is in addition to funded short breaks through Regional Partnership Boards as part of the Short Breaks Fund and local authority provided respite and short break options.
* Carers Trust is the UK charity working to transform the lives of unpaid carers across the UK. In Wales, it partners with its network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes and raise awareness & influence policy. Carers Trust’s vision is that carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.

**Siaradwyr | Spokespeople**:

Kate Cubbage, Director for Wales, Carers Trust

Catrin Edwards, Head of External Affairs, Carers Trust (Welsh speaker)

Katija Dew, Interim Chief Executive Officer, The Care Collective