

# Wellbeing breaks

Application form and guidance notes

*Need a break?*  
UNISON Welfare can help



**UNISON Welfare is a unique service offering confidential advice and support exclusively for UNISON members and their families.**

We are aware of the pressures on UNISON members and the many obstacles to achieving a happy and healthy work life balance.

Our wellbeing breaks of up to one week can provide welcome relief from the stresses of daily life and the space and time to reflect away from difficult or depressing circumstances.

We are a charity and can help with all or part of the costs of a break depending on your financial situation.

The wellbeing breaks include:

- family holidays and outings
- get well breaks
- breaks in other special circumstances  
e.g. for carers and following bereavement

The wellbeing breaks are delivered in partnership with the Family Holiday Association, a national charity that specialises in providing holidays for families in need. For example, they can arrange a stay in self-catering accommodation in a chalet or caravan at selected UK holiday centres. Alternatively, you can organise accommodation of your own choosing.

# Family holidays

They are designed to provide a week's holiday or shorter break for members and their families who are experiencing difficult circumstances and who have not had a holiday for at least four years.

*We were able to have some quality family time, which gave us the opportunity to feel positive again.*  
The Singh family

We describe a family as consisting of the member and their immediate dependants e.g. a partner (including same sex partners) and children aged between 3 and 16 years. Other immediate family members also living in the same household who may be considered dependants include those with special needs.

## Caring for a disabled child?

If you are caring for a severely disabled or seriously ill child you may be eligible for help with holidays every year from the Family Fund. In this instance we would normally expect you to apply to us only if your application to the Family Fund was unsuccessful or you were ineligible. For more information please call 0845 130 4542 or visit their website at [www.familyfund.org.uk](http://www.familyfund.org.uk)

As a carer you may be eligible for a break from caring from us (as indicated under breaks in 'other special circumstances' in these guidance notes and in the application form).

# Get well breaks

A break, following illness can help with rest and recovery and the transition back to work or improved health for the retired.

Our get well breaks are designed to support any members, with or without children, or their dependants, who are recovering from illness (including stress), accident or an operation and who are not in need of nursing care.

We recognise that ill health can sometimes impact on the whole family and that there will be occasions when it will be beneficial for everyone to get away together.



*I have a daughter who has autism. She was able to enjoy herself in a comfortable environment. The help given by Unison Welfare enabled us to have a great fun-packed week away.*  
The Hall Family

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## Short breaks, day trips and outings

We recognise that family circumstances sometimes mean a shorter break of three or four nights is easier. We can also help with day trips or leisure outings. Taking a holiday can bring its own stresses and it may have to fit around hospital visits or other needs. For these kinds of reasons some families we have helped have preferred to take a shorter break of 3 or 4 days instead of a week or a day trip or a series of outings to amusement parks and other attractions such as museums or the seaside.



*Being out of the pressure from home and in a different environment did us all good. Afterwards my son was more cheerful and I felt more relaxed.*

The Wright family

## Other special circumstances

We can provide respite breaks for carers with day-to-day responsibility for a disabled dependant and breaks following bereavement of a partner or dependant child. Breaks are also available for those with a terminal illness.



*Dear Unison Welfare,  
The caravan was lovely. We were at the top of the beach and a bus came through the park which was essential for my husband.  
The Miles family*

## More about our wellbeing breaks

### Direct grants

If your application is successful, and we are not making the booking on your behalf, you will be awarded a direct grant. You book your own break of up to one week choosing your destination and the most convenient dates, for example, a stay in a privately rented caravan or cottage. Written evidence of the booking will be required before payment can be made.

### Short breaks

Three or four night breaks can be arranged at holiday centre locations booked by us or taken at other destinations arranged by you through a direct grant.

### Accommodation and travel

The service is flexible depending on your needs with a choice of accommodation such as hotels and guest houses.

You need to make your own travel arrangements. Members usually find it easier to select a destination within reasonable travelling distance from their home.

### How much will I receive?

Breaks are low cost and usually taken in the UK. Help is awarded according to:

- The information provided
- Your financial circumstances
- Whether your application meets our criteria
- The level of priority given to your application and the funds available to the charity

## UNISON's Croyde Bay holiday village

UNISON's award winning holiday village in Devon is a popular destination with members, although you need to get your application in early for peak times in the summer. Situated near to Barnstaple, collection can be arranged from the railway or bus station. Visit their web site [www.unison@croydebay.co.uk](http://www.unison@croydebay.co.uk)

*'We had a fantastic time and enjoyed every minute of the week. The location and quality of the holiday centre is superb and there are so many activities for the children.'*

*The Lee family on their stay at Croyde Bay holiday village*



## UNISON Welfare terms of offer

If your application is successful, any offer of a wellbeing break is conditional on acceptance of the following terms and conditions.

- If help with a break is granted it is for the member and other family members (if applicable) named on the application form or as determined by UNISON Welfare. The grant is not transferable.
- Any payments may be made through the branch welfare officer. We ask for the payments to be returned if the family are unable to go away.
- Any cancellations must be notified to the Family Holiday Association as soon as possible as there are other members desperate for a break.
- Both the member and the branch must complete the feedback forms within four weeks of the break.

## How to apply

There is a section for the UNISON branch officer to complete and sign as well as the applicant following which the form needs to be sent to UNISON Welfare at the address below. We can usually only accept applications supported by the relevant branch officer. However if you are experiencing difficulty in contacting your UNISON branch or there are other special reasons for contacting UNISON Welfare directly please get in touch. Forms can be photocopied and downloaded from the website at [www.unison.co.uk/welfare](http://www.unison.co.uk/welfare). Please remember to enclose all supporting documentation required and to keep a copy for future reference.

Please contact us if you have any questions or need further information.

### **UNISON Welfare**

**1 Mabledon Place,  
London WC1H 9AJ**

**Tel: 020 7551 1620**

**Text phone: 020 7388 9802**

**Fax: 020 7383 2617**

**email: [welfare@unison.co.uk](mailto:welfare@unison.co.uk)**

**[www.unison.org.uk/welfare](http://www.unison.org.uk/welfare)**

Registered charity number 1023552



## UNISON Welfare working with the Family Holiday Association

The quotes in this publication are real but names  
have been changed to protect individuals' identities.  
The photographs are posed by models.

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