

## Guidance Notes Time for Me 2026-2027

### Funding Guidance for Time For Me Programme

#### Background and Context

##### Development of Time for Me:

**Carer Breather** is a ground-breaking example of partnership in action; funded by University Health & Social Care North Lanarkshire and facilitated by North Lanarkshire Carers Together. It emerged from carer engagement identifying the need for accessible, preventative, short breaks including art, health and wellbeing activities.

15 Carer-focused third-sector organisations across North Lanarkshire provide this unique and sustainable service in the current Phase 3 (2025-2028) of this impactful area of work.

See: <https://www.carerstogether.org/support-network/>

In recognition of Carer Breather's success, further carer engagement has also led to the creation of a new, innovative fund called **Time for Me** – also funded by University Health & Social Care and facilitated by North Lanarkshire Carers Together.

This new Time for Me Fund will focus on the smaller voluntary and community groups in North Lanarkshire who can offer one or more of the following:

- A community touch point for carers, enabling them to get a break from the routine
- A way to engage carers unknown to services
- A way to share information on carers rights and available services
- An engagement opportunity for carers to hear about emergency and future planning and assistive technology
- An opportunity for carers to share their views in relevant consultations to help shape services



*Not to just survive but to thrive*

# Guidance Notes

## Time for Me 2026-2027

### Our Vision

Our vision is to ensure that carers in North Lanarkshire are identified and connected with community activities that provide meaningful and consistent breaks from caring. Carers can participate individually, with the person they care for, or as part of a family.

We aim to create opportunities where carers feel valued, heard, and free from unnecessary barriers that could hinder their involvement. By offering fulfilling activities, we empower carers to enhance their wellbeing while maintaining their caregiving roles.

### Purpose of Time for Me Investment

Funded projects must contribute to one or more of the following Carer Outcomes:

Carer Outcomes	
No.	Outcome
1	Carers are more able to have time-out for themselves, or with the person they care for.
2	Carers experience better physical and mental health & wellbeing.
3	Carers feel more knowledgeable and informed about their caring role.
4	Carers are better able to manage day-to-day caring tasks.
5	Carers feel more calm, positive and supported in dealing with the demands of being a carer.
6	Carers are more able to manage financially and know where to go for help, if needed.



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### Funding details

Organisations can apply for funding in the range of £1,000 to £3,000 for a one-year project, covering the period from 1st June 2026 to 31st May 2027. The total funding pool of £23,000 will support approximately 8 to 23 projects.

\*\*Please note that Organisational Turnover from the last financial year must be less than £75,000.\*\*

*There are no restrictions on cost centres for the Time for Me Fund. The fund is overall unrestricted; however, it is important to note that there is a sharp focus on achieving meaningful outcomes. Applications should therefore ensure that proposed costs align closely with the intended outcomes and objectives of the fund.*

This funding opportunity is shaped by consultation with carers and carer organisations in North Lanarkshire (see [Carer Breather Report 2026](#)) to determine the most impactful services.

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### Preparing and Submitting Your Application

#### Questions to Consider:

- Have you consulted with carers and stakeholders to inform your proposal?
- How will you engage carers and stakeholders throughout your project delivery?
- How will you provide useful information to carers on rights and other services?
- How will you facilitate referrals to carer organisations and other support services if needed?

#### Submission Details:

Please submit your application using the NLCT Time for Me Application Form. Applicants can also use supporting information as appendices.

Applications, along with any appendices, should be submitted to [CSN@carerstogether.org](mailto:CSN@carerstogether.org)

#### Deadline:

The closing date for applications is 4:30 PM on Monday, 13th April 2026. Any applications received after this time will not be considered.

For queries, contact:

Carer Support Network Team  
North Lanarkshire Carers Together  
Email: [CSN@carerstogether.org](mailto:CSN@carerstogether.org)  
Phone: 01698 404055, Option 2

#### Assessment and Decision

An Assessment Panel comprising carers & community and voluntary sector representatives, will review all applications and select projects for funding. Applicants will be informed of the outcome during the week commencing 20<sup>th</sup> April 2026.

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