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**What defines a break and why taking one is so important**

I'm David Proudlove, I'm a carer for my wife who has long-term, complex health problems. I've been a carer now for 20 something years.

My name is Mary Adeson. I have been a carer for almost 20 years now. I care for my mother alongside my full-time role as an auditor.

My name's Helen Taylor and I'm a carer for Maja, my daughter. She has a rare chromosome deletion disorder called Kleefstra syndrome.

I'm Geoff Almond. I care for my wife who is tetraplegic and has MS.

I'm Jean Almond. Married to Geoff. We live a happy life here together.

A carer's break is having some time to yourself, to do your own thing, however long or short, the length of time doesn't matter in my opinion, it's that you've got this time to yourself, to do something a bit different away from your usual caring role.

A break for me is just having time away from my responsibility as a carer and my employment as well. Taking a break is an essential part of being a carer and I kind of learnt the hard way in the sense that I started to have issues and difficulties with my health. It will help with your wellbeing. It will just naturally pick up your spirit.

It is important to remember that a break can be all sorts of things, and it doesn't have to be outrageously expensive, well it doesn't have to cost you anything at all. I know if I didn't have a break at all, emotionally I'd be a complete wreck.

As well as going away, I think it's important also just to talk about that hour or two hours, just a break from what you normally do.

I think it's vital that your carer has a life of their own whether it be the day time, or a night away, to keep them mentally sound.

Transcript of the film *Carers’ breaks: Introduction to breaks*

**carersuk.org/break**