



Building Resilience in Carers



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Giving carers the break they deserve...



Carers hold families together often making sacrifices to ensure that the care of their loved ones is paramount. mytime aims to ensure carers access a much needed break from their demanding caring roles.



We have a wonderful group of generous hotels that provide overnight stays with breakfast. However, listening to carers we have found that, for some, an overnight stay is not always practical so we have also developed other opportunities.

mytime is now growing and is constantly seeking to provide carers with a whole range of different activities including;

"Total relaxation away from it all."




- Theatre tickets
- Spa packages
- Meals
- Sports sessions
- Afternoon Tea
- The list is endless...


"Wonderful to be somewhere different and at ease. No clock watching. Able to relax and look at something different."




If you are a carer and would like to find out about the opportunities mytime can offer, get in touch with us:

 0151 705 2327

 mytime@localsolutions.org.uk

 mytime4carers.co.uk

 @mytime_LS

 @mytimeLS

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