Carefree

Carefree is a charity that offers short breaks and respite to carers in hotels across the UK.

Hotels donate spare hotel rooms to Carefree, where carers can request short breaks up to 2 nights. They charge an admin fee (£33) per break. Most Carefree breaks offer double or twin rooms with breakfast included.

To use Carefree you must be:

- over 18 years old
- provide more than 30 hours of unpaid care per week
- provide proof of identity and your caring status.

You can take someone with you on your break (who isn't the person you care for). Your travel and other expenses are not included.

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Telephone: 020 3137 2578

Telephone note: Phone number for Community Partners with Carefree

Website: https://carefreespace.org/

Email: hello@carefreespace.org

Twitter: https://x.com/carefreespace?lang=en

Facebook: https://www.facebook.com/carefreespace/

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