

## **MND Scotland Time Out Grants 2018/19**

### **Information and Guidelines**

**We are delighted to offer small grants enabling people affected by MND to have quality time and respite outside the usual routine. This grant scheme is funded by MND Scotland, in partnership with the My Name's Dottie Foundation.**

#### **Who can apply?**

You can apply if you have MND or care for someone with MND, and live in Scotland. Grants can be used to give couples or families time together, or for the carer or person with MND to have time out to themselves. People with MND who do not have a carer are welcome to apply. Priority will be given to those who have not previously received an MND Scotland holiday grant.

#### **What can the grant be used for?**

The grants are to help you have the break that is right for you. You might want to go on a holiday or short trip, or you could take a regular time out to meet friends, pursue a hobby, or just relax. For example, previous grants have helped with holiday costs such as accommodation, travel, insurance, and meals; to fund gym sessions; or driving lessons to let the carer or person with MND get out and about. You can also apply for a grant to pay for respite services, including respite facilities or respite care within the home.

Please note that grants will not be awarded retrospectively; i.e. they cannot be used for a holiday or break that has already been taken.

#### **How much can I apply for?**

We are offering grants up to a maximum of £1000. We want to help as many people as possible, so please be realistic and only ask for the amount you need. We may award a lower grant than requested, and we cannot guarantee that all applications will be successful.

#### **How do I apply?**

Just complete and return the grant application form, telling us how you would use the grant, and what difference this would make to you. **Please be as specific as possible about where and when you intend to take your break:** grants will not be paid without this information. We will contact you if we need to know more to help us make a decision about your application.

Application forms are available on our website at [www.mndscotland.org.uk](http://www.mndscotland.org.uk), by phoning 0141 332 3903, or emailing [rachael.stitt@mndscotland.org.uk](mailto:rachael.stitt@mndscotland.org.uk)

**If you would like help to complete the form, please contact one of our Welfare and Benefits Officers:**

Nicola Povey: 07725 602 642; [nicola.povey@mndscotland.org.uk](mailto:nicola.povey@mndscotland.org.uk)

Maggie Edwards: 07850 770 816; [maggie.edwards@mndscotland.org.uk](mailto:maggie.edwards@mndscotland.org.uk)

**The application process**

We will consider your application and let you know the result as soon as possible. If your request is urgent, please let us know.

Priority will be given to those in greatest need, for reasons of health or financial hardship, and those who have not had a break in the past year. Other than in exceptional cases, we will only give one award within a family or household in the funding year.

**Terms and Conditions**

If you are awarded a grant, you must agree to abide by the following Terms and Conditions:

- The grant can only be used for time out, including holidays or respite. For information on other MND Scotland grant programmes, please see our website or contact us on 0141 332 3903 or [info@mndscotland.org.uk](mailto:info@mndscotland.org.uk)
- Recipients must complete a short Feedback Form to tell us what difference the grant made. This is important, as it helps us to evaluate the impact of the grants and to be sure we are offering the best service.
- For audit purposes, we require receipts wherever possible. These should be enclosed with your Feedback Form. Failure to provide receipts may affect your eligibility for future grants.

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If you have any questions or would like further information, please contact MND Scotland on 0141 332 3903 or email [rachael.stitt@mndscotland.org.uk](mailto:rachael.stitt@mndscotland.org.uk)

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