



MND Scotland Time Out Grant Guidelines

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.

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.

If you have any questions, please get in touch by calling us on 0141 332 3903, or email grants@mndscotland.org.uk