



Giving carers the break they deserve

Are you an unpaid carer in Milton Keynes?

The team at Mytime recognise and value the vital role unpaid carers play in our community. Carers hold families together, often making huge sacrifices along the way. Mytime aims to ensure carers access a break from their demanding roles.

We connect carers with respite opportunities from hospitality, tourism and leisure businesses who are willing to donate **complimentary breaks**.

Breaks can range from; a coffee and cake, an overnight stay, an activity or day out; an opportunity of something to look forward to and enjoy. Time to themselves, to re-charge their batteries can make a big difference to their health and wellbeing.

Funded by



Milton Keynes
City Council



If you would like to know more about Mytime or register for a break the Mytime team would love to hear from you!

Please email: MytimeMiltonKeynes@localsolutions.org.uk or call 07311 345420