



## Unpaid Carers Short Breaks Community Fund Participant Questionnaire

Unpaid Carers name (or initials if preferred): \_\_\_\_\_

Date: \_\_\_\_\_

*Directions: Place an "X" mark in the box of your answer.*

	Yes	No	Don't Know
As a result of this project, I believe that the organisations activities/ events I have attended have improved my mental health or wellbeing?			
As a result of this project, I believe I can access activities/ events more often due to increased social connections.			
As a result of this project, I believe I now have more access to the information, advice and guidance I need.			

Please feel free to make any comments on the project here (optional):

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