

**Swindon Carers Centre**  
**FREEPOST (SN389)**  
**Swindon**  
**Wiltshire**  
**SN1 4BR**

Attaching  
a stamp  
will help  
conserve  
our funds

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Swindon Carers Centre provides information and support to carers of all ages in Swindon.

Please contact us to begin the registration process.

Our opening hours are:  
Monday to Thursday  
9.30 am to 4.30 pm  
Friday 9.30 am to 12 noon.

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**Swindon Carers Centre**  
**1 Wood Street**  
**Swindon, SN1 4AN**  
**Telephone: 01793 531133**  
**Email: [carers@prtc-swinton.org](mailto:carers@prtc-swinton.org)**  
**[www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)**

Charity No. 1061116  
Company No. 3305621  
Company limited by guarantee



**Are you  
looking after  
someone?**

**So who's  
looking  
after you?**



**Swindon Carers Centre provides support to carers of all ages in the Swindon area.**

## Are you a carer?

If you are looking after an ill, frail or disabled family member, partner or friend, then you are a carer. It doesn't matter whether the person you look after has a physical or a mental health problem, or a drug or alcohol dependency, you are still a carer. Equally, the person you look after might be elderly or might be a child, either way you're a carer.

People often don't view themselves as carers, and as a result can miss out on the various rights, benefits and support which might help them in their role.

Swindon Carers Centre is there to help carers, by making their caring role more manageable. If carers feel supported themselves, they are far more likely to be able to support the person they care for.

## How can Swindon Carers Centre help me?

When a carer first contacts us, we go through a registration process, to make sure that we provide the most appropriate support. Once we've understood your needs, we can help in various ways:

- Provide information
- Signpost to other relevant organisations
- Give one to one support, including assistance in accessing services
- Benefits advice
- Access to breaks and complementary therapies
- Training sessions and self-help groups
- Counselling

We have teams dedicated to supporting adult carers, parent carers and young carers, so you can be sure that the team you talk to will have experience of dealing with the kinds of problems you are facing.

Please note that we experience high levels of demand for our services, and there is sometimes a waiting time of a few weeks before we can help.

**The person you care for does not have to be in receipt of statutory services for you to access our services.**

## Relief Care Service

Sometimes, you might need a break from your caring role. Or maybe you need some regular help so that you can keep on top of other areas of your life (like work, other family responsibilities or a social activity) whilst carrying on being the main carer for the person you look after. If so, the relief care service, is there to help.

Our team of trained care staff provide a friendly, professional and cost effective service, providing company or personal care at home, or taking the person you care for out on an activity. Our staff can also help with shopping, food preparation or light household tasks.

**"It's the first time in eight years I haven't felt alone. I feel there is someone I can turn to. Swindon Carers Centre was able to get results for me, which stopped me reaching breaking point. Swindon Carers Centre has saved my sanity and kept my family together."** *Gina, March 2011*

**To start the registration process, please detach, fill in and return this form.**

Title	
First name	
Surname	
Address	
Postcode	
Telephone	
Mobile	
Email	

Please tick the box to consent to our holding this information on our database.

I am interested in the following services (tick as applicable):

<b>Adult carer support</b> (if you are an adult caring for another adult)	
<b>Parent carer support</b> (if you are an adult caring for a child)	
<b>Young carer support</b> (if you are a young person caring for an adult or a child)	
<b>Stroke carer support</b> (if the person you care for has had a stroke since 1 March 2010)	
<b>Relief care service</b>	

Where did you get this leaflet from?

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