

If you would like more information on how we can work together to support your carers or want to ask any questions, please contact:

Judy Evans, Partnership Manager

judy.evans@swindoncarers.org.uk

01793 975319 / 07540 703247



Carers can register to access our support, or just to enquire, by calling or email:

Tel: 01793 531133

Email: carers@swindoncarers.org.uk

Web: www.swindoncarers.org.uk



Registered Charity No: 1061116 / Registered Company No: 3305621

Swindon Carers Centre



Swindon Employers Care Award

Created by employers and carers in Swindon



What is a carer?

A carer is anyone who provides **unpaid** care for a family member or friend, who has a long term illness, disability, mental health problem or drug or alcohol dependency issues and cannot cope without their support.

- ◆ There are 21,000 carers in Swindon.
- ◆ Swindon Carers Centre provides support to more than 4,500 carers, from the age of 5 years old, to ensure they are recognised, valued and supported.
- ◆ Caring is not always a choice and anyone can become a carer at any time. One in eight of us is a carer.

Why should employers support carers?

Many carers have to try to balance their caring role with their job; or need extra support to return to the workplace if they have lost employment due to caring.

Juggling caring responsibilities with work can be challenging and stressful, so without employer support and understanding, carers can become exhausted and unwell. This can be damaging to both the home and work environment.

What are the benefits of supporting

carers at work?

- ◆ Retained skilled and experienced employees
- ◆ Lower staff turnover
- ◆ Improved service delivery and increased productivity
- ◆ Increased employee resilience
- ◆ Reduced recruitment costs as talented employees are retained



Employers Care Award Programme



How can you help?

- ◆ **Gain more awareness of carers within your staff**
- ◆ Get involved with Swindon Carers Centre to support your staff
- ◆ **Employers Award**
- ◆ Become a Trustee of Swindon Carers Centre
- ◆ **Sponsorship of Swindon Carers Centre events and activities**
- ◆ Learning workshop about Swindon Carers for your staff
- ◆ **Employer Forum**
- ◆ Get involved to help make a difference