



BRITAIN'S BEST BREAKFAST

Britain's Best Breakfast is the first ever national fundraising campaign to raise money to help support **unpaid** carers and give them a break from their caring role. We want to encourage people to wake up to the issue of caring.

Swindon Carers Centre (SCC) is participating in this campaign, which is being run by the Carers Trust, by asking people and businesses in Swindon to get involved and **Raise a Toast** to our carers. You could:

- Invite your friends and family to join you for breakfast and raise money for SCC
- Ask your customers to donate the cost of their breakfast to SCC
- Give a percentage of your breakfast takings to SCC

Today, 1 in 10 of us is a carer. That's nearly 7 million people across the country. **In Swindon there are more than 19,500 carers of all ages.** So even if you aren't a carer yourself, it's likely you know someone who needs the support of Swindon Carers Centre or Carers Trust.

If you want to participate in Britain's Best Breakfast raising funds for Swindon Carers Centre please contact Russell Francis at SCC for more details on **01793 531133** or by email russell.francis@swindoncarers.org.uk

How will the money you raise help?

£5 could pay for a carer to have a break from their caring role and have breakfast with a friend or pay for a carer to benefit from a pamper session at Swindon College

£10 could support a young carer to attend an art workshop or for a parent carer to get benefits advice

£15 could give a carer a short break and give them the opportunity to take part in a range of activities

£20 could support a carer to benefit from six weekly counselling sessions, giving them the chance to voice their concerns and gain reassurance.

£50 could support a young carer to have a day out at PGL Liddington going on the zip wires and giant swings



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