



**Swindon  
Carers  
Centre**

The Princess Royal Trust  
*for Carers*

Supporting Family Carers of All Ages  
Tel: 01793 531133  
website: [www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)

## e-bulletin Dec 2011



### Swindon Carers Centre awarded prestigious Quality Mark

– We are very proud to announce we are recipients of the PQASSO Level 2 Quality Mark after a rigorous assessment process last September. You can read the Media Release – [Recognition of Quality](#) on our new [website](#).



**Stroke Project coming to an end** - I'd like to remind you all the Stroke project is coming to an end on March 31<sup>st</sup> and I will no longer be taking referrals after 29<sup>th</sup> February. Any referrals from that date onwards need to be directly to Swindon Carers Centre through the normal referral procedure. If you need any further information about this you can contact me (Helen Rankin) by phone on 01793 531133 or via email: [helen.rankin@prtc-swindon.org](mailto:helen.rankin@prtc-swindon.org)



**Joint event with SCC** – Swindon Carers Centre and the Parent and Carer Advisory Group are holding a joint Information event on Wednesday 21<sup>st</sup> March 2012. It will be at the STEAM museum from 10am and will include an update on how we are working together. *More details to follow.* We look forward to seeing you on the day!



**Swindon Carers Centre Facebook page** – Don't forget you can keep up to date with all the latest news from Swindon Carers Centre through clicking the following link: <http://www.facebook.com/swindoncarerscentre>



**Carer Groups update** – Our Groups and Involvement Officer has got updated courses and group information on our website for early 2012. ***These courses are for carers who are registered with Swindon Carers Centre and have pre-booked a place. If you would like to attend any of the below courses, or would like further information, please contact Heather Goldsmith. If you are not registered with us but would like to find out how to register so that you can access the support we provide for carers please phone us on 01793 531133.***

**New to your caring role?** A 5 session course is starting on Monday 30<sup>th</sup> January.

Topics that will be covered include:

- Help and guidance about how to cope emotionally as a carer, dealing with different feelings and emotions, stress management, looking after your own wellbeing
- Money matters, benefit entitlements
- Emergency Card Scheme. Physical care, manual handling, medication
- Caring v other/own needs, looking after yourself, taking time out to re-charge your batteries, eating well
- The NHS 'journey', departments, services, information and advice; the Patient Advisory and Liaison Service; communication, saying what you need, influencing, rights, dealing with professionals

**Do you care for someone with mental health issues?** A 6 session course commences on Wednesday 1<sup>st</sup> February. Topics will include:

- An overview of mental health services
- Types of mental health problems, recognizing symptoms, what is challenging behaviour?
- Coping with ambivalent feelings, grief, loss, anger, modes of caring
- Looking after yourself as a carer, boundary setting, modes of caring continued
- Crisis management, care planning, relapse prevention, out of hours services
- Carers Rights, assertiveness skills, how to get what you need from services

**Coffee morning-come and join us for a cuppa and a chat** - Carers can meet with other carers for mutual support, chat and to share experiences in a social setting.

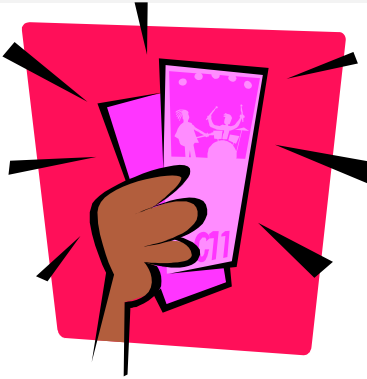
**Are there any male carers out there who would like to come along to a group for men only?** Carers will have the opportunity to meet with other male carers for mutual support, chat and to share experiences in a social setting.

**Alzheimer's Disease and Dementia Carers** - Due to popular demand another course will be delivered. Dates and times to be confirmed. The Trainer is Jane Rachael (SEQOL and Gold Standard Associate Trainer for The Alzheimer's Society). Topics will include- what is dementia, diagnosis, prognosis, treatments, caring and coping, later stages, support and individual concerns and plans.

**Medicines** - On Thurs 23rd February, 2-4pm, Matt Baker (Senior Pharmacist from Boots) will be delivering a talk about medicines. Topics will include: administration, storage and disposal, interactions and side effects, reviews and 'message in a bottle'.

**Ex-Forces**-Did you or the person you care for serve in the forces? We are considering starting a self-help group for people with a similar background. We have compiled a short questionnaire to judge the level of interest. Please request a copy if you are interested.

**Heather Goldsmith: 01793 531133**



**New Swindon Carers Centre Annual Raffle** - Tickets are now ready for sale. The draw will be on Wednesday 21<sup>st</sup> March. The 1<sup>st</sup> prize is a week's luxury holiday villa in Spain with pool (sleeps 6) plus £200 cash. Other prizes include: 2x first class return tickets (First Great Western train); One night B&B and breakfast for 2 at the De Vere village; Scenic flight for 2 (small air craft). For a full list of prizes visit the fundraising page on our website: <http://www.swindoncarers.org.uk/fundraising>. Tickets are £1.00 each or £5.00 per book. If you'd like to buy some, please call Linda O'Gorman on 01793 531133.



**Building work at SCC** – Just a warning to any visitors to our Wood Street Offices that the front of the building will be under repair for up to 2 weeks from Monday 30<sup>th</sup> January. It is possible that scaffolding will be used and that the entrance may be restricted, so please take extra care as you come in to the Centre.

*Please pass on this e-bulletin to anyone you think may benefit from this – and if you'd like something included, please let me know!*

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