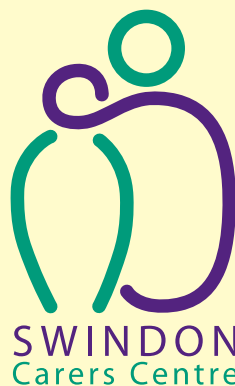


# *Caring Matters*

## **Newsletter**

*Autumn 2014*



***New home for SCC*** [\*page 2\*](#)

***Success for Walk A Mile*** [\*page 4\*](#)

***Male Carer Group update*** [\*page 5\*](#)

## ***Supporting Family Carers of All Ages***

*Autumn is one of my favourite seasons. We haven't quite lost the warmth in the sunshine, sometimes it's even an extension of summer followed by the stunning display of fiery, burning colours of the autumn leaves leading us into the winter.*

Amazingly it's a year since I took up post as CEO and what a year! Many achievements, lots of hard work and challenges faced head on. We've seen staff join and some staff leave and it is with sadness that we say goodbye to a very valued member of staff Fiona Harpum. She is moving on to pastures new and we wish her all the very best and thank her for all her commitment and diligence whilst working at Swindon Carers Centre. We are also saying goodbye to Adriana Pavan, a long standing and much appreciated volunteer. She too is off to a new adventure and we wish her well in her move.

One of the key events for us over the summer was Carers Week. There was a fantastic array of activities held across all sectors. Our staff were involved in raising awareness about carers with many of our partners including Avon & Wiltshire Mental Health Partnership (AWP), Sainsbury Brunel, Bridgmead and Stratton, Great Western Hospital, GP Practices Carers Cuppas and the Parkinson's Society. In addition, we held our inaugural 'Walk a Mile in My Shoes' sponsored walk. A great sense of fun had by all. We had lots of carers joining in the walk along with representatives from many organisations. It was great and you can read more about the action on page 4. We now look forward to Carers Rights Day on November 28th and we hope to have similar success for this event too so save the date!

You may have heard about the Royal Assent given to the Children & Families Act in March and to the Care Act in May. These are two key pieces of legislation that will affect young carers, parent carers and adult carers and make clearer the support to expect from councils. The roll out of the legal changes will be ongoing over the next couple of years and we will endeavour to keep abreast of the changes and how they will affect you.

One final thing to bring to your attention, you will have seen in the media late in June about the opening of the Swindon Advice and Support Centre in Sanford Street. I am happy to announce that Swindon Carers Centre will be moving in to the Centre within the next couple of months. This is a really positive step for Swindon Carers Centre making us even more accessible to carers. The opportunity to be centrally based with other local voluntary organisations means more joined up approaches to supporting your needs. We will keep you updated about timings of the move via our website [www.swindoncarers.org.uk](http://www.swindoncarers.org.uk) and local media, as well as our social media pages (details on P12) We really do hope you will be as delighted as us at this move and come and see us in our new surroundings.

**Cath Johnston**  
CEO



## Carers Rights Day 2014

**CARERS  
RIGHTS DAY**

*Carers Rights Day is about getting carers the information and advice they need to claim benefits, access practical support and find out how technology can help take the pressure off.*

Each year Carers Rights Day is organised to:

- Increase the take up of benefits – it's estimated millions of carers' benefits aren't claimed each year.
- Make sure carers know their rights – every year, more than 2 million people become carers, many don't identify themselves as carers and miss out on support. Even those who have been caring for years sometimes aren't aware of their entitlements.
- Guide carers towards practical support – it's not just about benefits. Carers often do not realise practical support is available, like replacement care to give the carer time off, help with lifting and bathing, equipment and home adaptations that can be vital in protecting carers' health.
- Raise awareness of the needs of carers – Carers Rights Day raises awareness of the needs of carers with the public, decision makers and professionals.

**Swindon Carers Centre is organising an event to mark this year's Carers Rights Day – which is on Friday November 28th. It is likely our AGM will be held on the same day (to be confirmed). More details to follow...**



**New research for Carers Week 2014, which was in June, suggests carers all over the country are struggling behind closed doors without adequate help or advice:**

Only 1 in 3 (33%) carers polled said they received enough support to do the role well. This fell to a shocking 1 in 4 (27%) amongst women who were caring.

When asked what would make it possible for them to do their caring role well, the top choice from 7 in 10 (69%) carers was to know exactly what help they could get, right from the start.

The Carers Week charities say 'hidden carers' – families often caring round the clock without help or advice – must be a priority for the NHS and social care services. Carers' also stated that financial support as they face additional costs from caring and often reduced earnings from giving up paid work, and support from their GPs would help them do their role well.

Speaking on behalf of the nine charities behind Carers Week 2014, Heléna Herklots, Chief Executive of Carers UK said:

"Without the right support caring can quickly lead to crisis and we hear from too many carers struggling under the emotional, physical and financial strain of caring. The reality is all of us, at some point in our lives, will either be carers or need the help of carers. This survey is a wake-up call, clearly and alarmingly showing as a society we need a much wider understanding of the realities of caring."

## Fundraising update

*The last year has seen many changes and new challenges in terms of how we fundraise at Swindon Carers Centre. Whilst continuing to approach charitable trusts for funding, we have placed more of an emphasis on forging links with local businesses and holding community events to raise awareness as well as donations.*

On Saturday 14th June, we asked people in Swindon to "Walk a Mile" in a carer's shoes to raise awareness of



carers. More than fifty people took part, including Robert Buckland, MP for South Swindon, and Gavin Jones, Chief Executive of Swindon Borough Council. We have raised more than £1,000 in sponsorship money from this event, and donations are still coming in. We are hoping this will become an annual fundraiser for us – put the date for next year in your diary – Saturday 13th June 2015!

Thanks to grants from the Hedley Foundation and the Rank Foundation, we were able to run a residential course in late 2013 for young carers who care for siblings on the autism spectrum. Through classroom-style learning sessions, the young carers developed a better understanding of



the autism spectrum while enjoying a break from their caring roles.

One of our biggest successes was securing a grant of around £30,000 from the St James's Place Foundation, which funds our Schools Development project – working with local schools to ensure their young carers get the support they need. The response from schools has been fantastic, showing a lot of commitment to supporting young carers. Some school staff have even been inspired to run their own fundraising events for us.

Caryn Roberts, a teacher from Isambard Community School, did a sponsored sky dive for us and raised more than £800. Ruth Mitchell from Catherine Wayte Primary School is attempting the Ridgeway Challenge 2014 – an 86 mile ultra-endurance marathon in under 26 hours – in order to raise money for our young carers.

Of course, you don't need to run 86 miles or jump out of a plane to help raise funds for us. Volunteering a few hours here and there to help us with a store collection can make a big difference. We are working to set up a new volunteer fundraising team – if you have some time to spare to help us, please get in touch by email: [russell.francis@swindoncarers.org.uk](mailto:russell.francis@swindoncarers.org.uk)

If you would like to make a donation to the Carers Centre, you can do so through our website by going to [www.swindoncarers.org.uk](http://www.swindoncarers.org.uk) and clicking on 'Donate' in the top right corner (you

must have a PayPal account). You can also donate by card, or raise sponsorship money for an event, via Virgin Money Giving. Go to <http://uk.virginmoneygiving.com/giving> and search for Swindon Carers – we are the first result that will come up.

We would also like to thank Thamesdown Rotary for their donation of £1,500; Shaw Ridge Primary School, who have raised more than

£1,600 for us through their own Walk a Mile event; Zurich Community Trust, who fund our Benefits Advice service; Sainsbury's in Bridgmead, Brunel and Stratton for allowing us to collect donations in their stores; North Swindon Rotary Club for raising £3,000 for young carers; and Asda Haydon Wick for letting our carers meet in their training rooms free of charge.

**Russell Francis** Fundraising Officer

## Male Carer Group update

*Twelve of the male carer group enjoyed another recent evening out and on this occasion made a visit to the races at Blunsden.*

The group welcomes all ages and if you are unable to make your own way to the venues, Heather, who co-ordinates the events, organises taxis and in the case of those who are unable to leave their cared for alone, domiciliary care can be an option for a few hours.

The event included entry, a race card, bar meal and two drinks -and even one free bet! Some won. Some lost. Some broke even. The biggest win went to Tom who made £18. The biggest loss was John with £10. Everyone had an excellent evening!

David and John hosted the event on behalf of Swindon Carers Centre and are always open to suggestions for future activities, although financial

constraints do mean the suggestion from Ted at the last meeting of a trip to "Las Vegas" may be a tad over budget! Fortunately he was joking, but that reminds us we have coming up in November an evening out at the comedy club in Swindon and in September a meal (venue yet to be decided). Any preference? Know of anywhere good, that's not too expensive, let John or David know.

It would be good to see more guys join the group and have an evening out with the lads, get away from your caring role for a few hours and relax, we do not talk shop at these events but don't forget if you need to talk about caring concerns the support line is run every day between 10am and 3.30pm Monday –Friday and the first Saturday of the month between 9.30-12.00.

**John Beale and David Evans**  
Swindon Carers Centre





## Free Flu Jab for Carers



*The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu, and will prevent you being stopped from being able to care. If you are a carer you may be eligible for a free flu jab. Contact your GP and ask if you are interested. The NHS website has more details. Maxine O'Brien our GP Outreach Worker has spoken with various surgeries to find out what they will be doing. This is what some of our Surgeries have to say:*

**Kingswood Surgery** will be starting our Flu Campaign during September 2014; we will be putting up Posters and including information in the Newsletter with regard to actual dates for clinics. As a Carer you are eligible to receive a flu vaccination; please feel free to contact the Surgery from the middle of September 2014 to book an appointment.

**Merchiston Surgery** will be holding Saturday morning flu clinics in Oct/Nov 2014 (dates to be confirmed in due course). Flu jabs will also be offered on an ad hoc basis to patients who also attend HCA/Nursing appointments during the Flu season.

**Ashington House Surgery** is planning to have two clinics on October 8th and 15th in the afternoon for all eligible patients. Patients will be informed nearer the time which day and time to attend. We also intend to hold BP clinics in addition to our flu clinics this year for all patients to take advantage of. As always, patients with appointments for the GP or Nurse will be offered their flu vaccination and home visits for housebound patients can be arranged. If carers have any queries or concerns please contact Lucy at the surgery who will be happy to help.

**Eldene Health Centre** holds several flu clinics in October, but is very flexible and lots of patients have jabs done during routine appointments. If carers have any problems getting into clinics they can pop in anytime and we will do our best to fit them in as it only takes a minute!

**North Swindon Practice** say patients should be able to book a flu jab around mid September, by calling the surgery and as long as they are coded as being a carer we would be able to book an appointment for them.

**Victoria Cross & Nythe Surgeries** - All registered carers are entitled to a winter flu vaccination. These will be available from September onwards. Please look out for the notices at each surgery detailing the flu clinics and reception will be happy to make you an appointment on request.

**Park Lane** - We normally hold at least 2 "Flu Clinic Days" which run from 9am until 5.30pm. (Dates still to be arranged: normally Thursdays in Oct/Nov time.) Patients & carers are asked to contact reception to book a slot time. Carers should identify themselves when booking appointment which will enable us to update their records with the correct carer code. We advertise the clinics in the Practice & also at the Pharmacies at Rodbourne Road & Park Lane. We will also continue to have "mini clinics" to catch people who are not available on "flu days".

**Ridgeway View Family Practice** at Wroughton will commence its flu clinics at the end of September 2014 and the Reception team will start to take bookings sometime in August, actual date to be confirmed. We will be holding clinics on some Saturday mornings and possible some late evening surgeries. Please refer to the Practice website – [www.ridgewayviewfamilypractice.co.uk](http://www.ridgewayviewfamilypractice.co.uk) for further updates.

## Photographic Menus available on many wards at Great Western Hospital



*For the attention of family carers supporting people with some communication problems whilst in hospital:*

Photographs of the meals, snacks and drinks have been available in a folder on the stroke and dementia wards for some time.

This has now been extended across the hospital, so patients with learning disabilities, may also be able to make their own choices about what they wish to eat and drink.

There is a lever arch folder containing the photographs which are filed under separate subject headings which are clearly labelled to show, for example, breakfast cereals, toast and preserves, starters, main courses, puddings, vegetarian dishes, the range of sandwiches and hot and cold drinks. The photographs are A4 size, printed in colour and laminated. The nurses can unclip the relevant photographs for the carer and patient to look at, to make their personal choice.

The matron I spoke to about the possibility of having this facility for LD patients has been very helpful and supportive in getting this replicated to other wards. The matron said she has received positive feedback from some of the wards on how this is helping LD patients. Many thanks, Caroline for helping.

**Suzie Simpkins** Parent Carer

## Swindon Trauma Group



**STG held its 5th Annual Conference at The Marriott Hotel on 6th June 2014 .A representative from Swindon Carers Centre attended and found the event both inspiring and informative. The conference was hosted by Dick Hilling (STG) and Dr Hashmi (AWP) and there were presentations by a range of speakers and a chance to network with delegates. "I found the talk from the ex-wife and carer of the veteran very moving, the talk about cranio-sacral therapy very interesting, the ladies who were blind and deaf very inspiring. The talk about how the brain can process traumatic events by Gordon Turnbull was very informative."**



Great Western Hospitals **NHS**  
NHS Foundation Trust

## Outpatient Welcome and Liaison Service

It has been identified that patients with Dementia/Alzheimer's and their carers would benefit from support in attending Outpatient appointments within the Trust. The Trust is a large organisation which can be frightening and confusing for both patients and carers and it is felt that a volunteer escort service would be hugely beneficial to this client group. Volunteers would meet patients from the entrance of the hospital and remain with them if so wished during their Outpatient journey. This would allow support and guidance for patients and their carers with issues such as clinic delays, direction, attending more than one appointment etc, or for carers who have appointments and require someone to sit with their loved one in the waiting area during their consultations.

The OWLS pilot will be running until the end of October on the **WREN UNIT** working with the following Clinics:

**Dermatology:** Consultation & Minor op, General Surgery, Neurology, Chest clinic/respiratory, Lung function, Diabetic/Endocrine, Rheumatology, Urology, Nurse Urology, Vascular, Nurse dressings, Nurse Neurology, **Breast Clinic:** New patient & Follow up appointment, **Plastic surgery:** Consultation, Minor op, Oncology & Nurse Oncology and Haematology.

If you feel that you or the person you care for fit the criteria for this pilot and would like to find out more or book an appointment please call : **01793 60 42 89**

Our Values  
Service Teamwork Ambition Respect

## Rekha Tanna Hirani your local Parkinsons Information Support Worker

It is my job to provide confidential one to one support to people with Parkinson's, their carers and families. It could be that you need help linking to your local support group, advice on benefits, completing housing forms, referrals to other agencies, emotional support regarding an issue affecting your situation and information & advice around general issues with Parkinson's.

I work closely with the local Parkinson's Nurse Specialist and the Parkinson's UK branch. Together we provide holistic and consistent support so that you are not coping alone. The Branch and its volunteers work very hard and are very successful organising various activities for members and fundraising locally. This helps to fund the work I do and why my services are free to all.

The areas I cover are Swindon, Royal Wootton Bassett and Gloucestershire (minus Forest Of Dean)

Please don't hesitate to call me if you would like any information or advice. I look forward to speaking with you.

*I can be contacted on 0844 225 9821 or email [rtannahirani@parkinsons.org.uk](mailto:rtannahirani@parkinsons.org.uk)*

## DIRECTORY

*Our Directory is aimed at making life easier for those of us needing phone numbers quickly!*

*If you would like to advertise here, please contact [editor@swindoncarers.org.uk](mailto:editor@swindoncarers.org.uk)*

### Legal

Will Writers and LPA Specialists  
**Foresight Wills**

**Foresight Wills**  
Will Writers and LPA Specialists  
[www.foresightwills.com](http://www.foresightwills.com)

01793 433705

### Opticians

## Eye Tests at Home

VisionVisit is a local optician specialising in home eye tests. Their friendly optometrists use the latest optical equipment to help them conduct a thorough eye exam. They also have a large range of spectacles to choose from which are delivered and fitted at home too.

For more information contact  
**VisionVisit on**

**01793 232588** or go to  
**[www.visionvisit.co.uk](http://www.visionvisit.co.uk)**



(Mention of goods or services in this Directory does not represent endorsement from Swindon Carers Centre).



## Groups and Activities update

Our Open Minds Group got into the Wimbledon spirit in late June. Anne and Val went to a lot of trouble to dress up. Strawberries and cream were served and a Wimbledon themed quiz took place. In May the group played Music Bingo and in April they made Easter baskets.



Carers have been busy in the craft/card making workshops with Belinda. They have produced some lovely things:



3 ladies from The Red Cross delivered hand, arm, shoulder and neck massage to 12 carers in June.



Our recent flower arranging workshop was very successful and our carers really enjoyed it. Feedback included:

*"Fantastic to get away for a bit, I sometimes feel a bit tied down. A nice relaxing activity to ease the mind".*

*"I had a lovely relaxing time, thank you".*

*"A most informative flower arranging workshop. Most enjoyable, well done to the florist!"*

## GP Coffee mornings (Carers Cuppa's)

Carers are welcome at the following sessions – for more information contact Maxine O'Brien on 01793 531133.

<b>Old Town Surgery</b>	1st Monday of the month
<b>Moredon Surgery</b>	1st Wednesday of the month
<b>Wroughton Surgery</b>	1st Thursday of the month
<b>Priory Road Surgery</b>	2nd Wednesday of the month
<b>Homeground Surgery</b>	21st Aug & 20th Nov 10am-12pm
<b>John Moulton Hall, Penhill</b>	2nd Thursday of the month



## Talks, Activities, Courses Update

For further information about any of the What's On items, please contact Heather Goldsmith, Groups and Breaks Co-ordinator on 01793 401095 Mon - Thurs or email [Heather.goldsmith@swindoncarers.org.uk](mailto:Heather.goldsmith@swindoncarers.org.uk)

### Open Minds Group

This is a social/activity group for older carers to come on their own or with the person they care for - particularly if their loved one has dementia. 2 - 4pm at St Andrew's Church, Raleigh Avenue, Walcot:

**Thursday 21st Aug, Thursday 18th Sept, Thursday 16th Oct**



### Group for 16-24 year old carers

A social/peer support group for Young Adult Carers. (Previous events have included an activity evening, a meal and bowling).



### Caring and coping course for Mental Health Carers

This is a course delivered at Swindon Carers Centre by Donna Huff, Service Manager of Rethink. The course consists of a variety of topics and you can attend the sessions of interest to you.



### Highworth Carer Group

The group meets at The Community Centre (The Dormers) on a monthly basis, 10.30am-12pm. Next meetings are:

**Thursday 11th Sept, Thursday 9th Oct, Thursday 13th Nov**



### Knitting/Crochet Group

Learners and experienced knitters welcome. Come and have a cuppa and a chat. Just pop in between 10.30am - 12pm on **Thursdays at Swindon Carers Centre.**



## Mental Health Carer Peer Support Group

These are meetings for carers of people with mental health conditions. The next sessions are 4pm-6pm at Swindon Carers Centre on: **Thursday 2nd Oct, Thursday 6th Nov.** The Mental Health Carer Peer Support group will NOT meet in September. Carers may be going to an alternative venue on one of the dates so will need to contact Heather for details about this group please.



## How about a bit of pampering?

Carers will be offered a choice of treatments e.g. manicure or pedicure; facial or massage, delivered by students training for a career in the beauty industry. Students will be supervised and assessed by their lecturers.



## A hair cut can make you feel better

Carers can apply for a voucher enabling them to receive a free cut and blow dry by students at a local college, training for a career in the hairdressing industry. Students will be supervised and assessed by their lecturers.



## Calling all male carers!

How about an evening out with other male carers? This is a social group that meets quarterly and is hosted by 2 male SCC staff members. Previous activities have included dog racing, a meal and Ten Pin bowling.



*For further details of the above and the next Dementia Awareness, Basic First Aid Awareness, Safeguarding and Food Safety courses, please contact Heather on 01793 401095.*

## Swindon Carers Centre – Social Media



*Don't forget that you can keep up to date with all the latest news from Swindon Carers Centre online at Facebook. You can search for Swindon Carers Centre and click on the 'Like' button or find us by using the following link:*

**[www.facebook.com/swindoncarerscentre](http://www.facebook.com/swindoncarerscentre)**



*You can now also find us on twitter too!*  
**[@swindoncarers](https://twitter.com/swindoncarers)**



## Young Carers Team Overview

**The Young Carers team supports children and young people aged 5–18 who care for someone at home just like our adult carers. The support offered is based on needs of the young carer and their family which are discussed with them at an initial assessment and ongoing reviews when needed.**

**Julie Collar** is our Young Carer Team Manager and her role is split between managing the Young Carer Team, supporting the development of the service, monitoring contracts, as well as supporting young carers and their families.

**Helen Rankin** is our Young Carer Support Worker who processes new referrals, including making contact with families, does home visits to complete assessments and discusses family needs plus any follow ups like liaising with other agencies to make sure the correct support for a family is in place. Helen will work with families when their needs can be more complex and need support at meetings like team around the child (TAC) and with school issues. She will also work with individual young carers doing what we call 1:1's. This could be for a young carer who needs a little extra time to talk about their caring role or when group sessions are not an option.

**Debbie Murphy-Myers** is new to our team and is taking on the role as Family Support Worker. She is working with parents and sibling carers to ensure everyone in the family gets the support they need. Debbie works across the young carer and parent carer teams and is essentially offering the same service as Helen but has included parent carers to her list too.

**Matt Teale** is our Groups and Activities Co-coordinator who we often describe as doing all the fun stuff! Matt sets up all the term time groups and holiday activities, including organising trips to the cinema and horse riding. All our activities aim to give our young carers a break from caring whilst having fun and making new friends. Recently a young carer told us they thought coming to young carer groups was "amazing" and "they loved it" when asked what would they change about groups they said "nothing, I want nothing to change" A parent of a young carer told us "my son would be lost without groups and it's his only lifeline to the outside world."

Matt also helps with the smooth running of the Young Carers Forum who help shape the services for young carers in Swindon, as well as the media group who produce the pages for the young carers part of this newsletter.

Finally we have Fiona Prinzi who is our Young Carers Development Worker for Schools and Further Education. Fiona's role is to work with schools on the young carers award and help them to achieve good standards of support and understanding of young carer issues within each school and college.

*For more information on what the team can offer please see the young carer page on our website [www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)*



## Young Carers Feedback

During the April –July term Claire Smith (one of the commissioners from Swindon Borough Council) attended all the Young Carer groups. Claire talked with around ten young carers from each of the groups about their experiences whilst attending the sessions - here is some of the feedback from Claire:

**What difference has it made to you, how has it helped?**

*"It's made it easier. Instead of looking after my Dad I get a break to be myself. It's helped me with my confidence by introducing me to new people"*

*"It's made quite a lot of difference, it's given me some freedom from caring and it makes me feel happy"*

*"It helps me take breaks from caring so I can do more social things, I feel quite sad returning home because I have to go back to my normal schedule of caring"*

*"I feel it's helped me – I can get away from home and be with friends – we don't have to talk about caring, not talking about it, not doing it, not thinking about it"*

*"I feel so much better, relief, getting away from all my problems, it's non-judgemental –everyone here is a carer for someone. Staff helped me with college forms for extra funding"*

*"They have helped me get relief from the stresses of my life, and it has helped me communicate with others. I have some problems at school and at home, the staff have phoned school to help me – we are now setting up a young carers group in school to provide extra support"*

**What do you think is the best thing about coming to Young Carers?**

*"Because you get peace and quiet, you get a snack too"*

*"I like meeting new people, playing outside on the tree house and playing in the ball pits, this gives me time to have fun away from my family"*

*"Cooking – we help cook, I have made pizza they showed us how to make small ones, it's my favourite club and it gives my mum and dad some time"*

*"Playing with things and you know that everyone is nice here so you don't need to be afraid. The people are really nice and let you be yourself"*

*"Freedom – having own space within the boundaries. It's helped me make more friends - they know and can relate to what's going on (caring)"*

*"It gives me time to enjoy myself and it's great. Friends here know what I am going through –we respect each other"*

**Is there anything that could have been done better?**

*"I would like the sessions to be longer and more often because I would like to get out of the house more often"*

*"It's helpful; they don't need to do anything different they are doing a good job"*

*"Everyone being noisy – I would like some quiet time, particularly at circle time when going through the boundaries"*

*"Bikes – some are too small or too big and there aren't enough to go around"*

**What do you think of the Staff/Volunteers?**

*"Really friendly, they give up their own time; if you ask them something they reply and are a good example to learn from"*

*"They are respectful and always help when you need them"*

*"Staff are nice; they play and talk with me"*

*"Really nice, can have a laugh with them, feel I can talk to them about what's going on at home"*

*"I love them, they are amazing the way they treat us all. I know most of them; I can talk to all of them"*

*We at the Young Carers Team would like to thank all the young carers that took part in this and for being so honest, with your feedback we can start exploring the changes we need to make to groups. Also we would like to take this opportunity to say a MASSIVE thank you to all the Young carer volunteers who make a huge difference to the young carers lives and without their hard work and dedication we would not be able to run the groups.*

## Thank You!!!!

*We would like to start by thanking two of our young carer volunteers Emily and Jo, who have both raised money for young carers. Both have raised great amounts by either bag packing at local supermarkets or cakes sales, so not only have they given us their time and support with groups, they have helped young carers by raising money, so thank you again.*

*We would also like to thank North Swindon Rotary Club who also raised a very substantial amount for Swindon Young Carers. We really appreciate all the hard work and commitment to any money raised to help support young carers in Swindon and wish to thank anyone who has helped young carers in the past.*

## War

Why are you here?

No one wants you

Not me, him, her, them, we're through  
All you bring is murder, bloodshed  
and disaster

You shake the walls and chip the plaster

Why are you here?

You're such a disgrace

Walking here among the human race

You bring an end to all that is good and fair

Don't you think you've had your share?

Why are you here?

You make me sick

Destroying peace and harmony is your  
only trick

There you go again picking lives off your list  
In the sun, rain, snow, frost, mist

Yet somehow you bring us all around

To hear the stories of the trenches in  
the ground

Stories of people coming together as one

Songs of bravery, loss and glory are sung

Why are you here?

Who can be blamed?

When a soldier comes home broken and maimed

Why do we never learn, we make the  
same mistakes

When will it end?

What will it take?

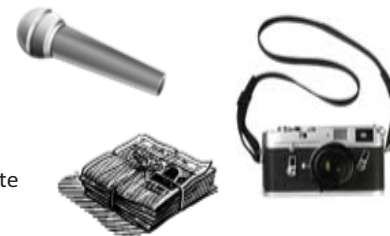
I know why you're here, it's not fate's plan

We know all war was created by man

## YC MEDIA GROUP NEEDS YOU!!!

Hey! Yes you! Are you interested in media and journalism or want to gain some valuable advertising, interviewing and team working skills to put on your CV. Then what are you waiting for? Come to the young carers' media group. We meet every month at the Swindon Carers Centre and get to do some amazing things to help Young Carers in Swindon...

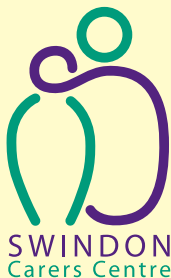
- Interviewing visitors
- Using recording and editing equipment
- Talking to groups and the forum
- Creating EVERYTHING in the newsletter
- Speaking on local radio
- Updating Facebook and twitter
- Keeping blogs on the new making waves site
- Working with other young carers



So come along and give us a hand.

If you're interested please give Matt a call on 01793 401092





## Swindon Carers Centre

**1 Wood Street, Swindon SN1 4AN**

**Tel: Swindon (01793) 531133**

**Office Hours:**

**9.30am - 4.45pm Monday to Thursday**

**and 9.30am - 12.30pm Friday**

## Swindon Young Carers

**Tel: Julie Collar 01793 401096**

**Helen Rankin 01793 401091**

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**[www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)**

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