



Swansea Carers Centre

The Caring Break Service

Ty Conway

1 Brenig Road

Penlan, Swansea. SA5 7BW.

Tel: 01792 578158

Email: admin@swansecarerscentre.org.uk

www.swansecarerscentre.org.uk

The Home Sitting Service and Sharing the Care

Service is registered with CSSIW

All staff and volunteers are fully trained and subject to
an enhanced DBS check



REGISTERED OFFICE:
Swansea Carers Centre
104 Mansel Street, Swansea,
SA1 5UE

Tel: 01792 653344

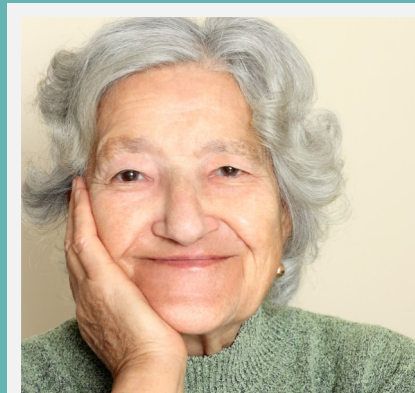
REGISTERED CHARITY

Charity No. 1108865

Company No. 5352055



Caring Break Service



Providers of quality
replacement care to unpaid
carers in Swansea

A Caring Break

The Caring Break Service gives unpaid carers a well earned break. The carer can be sure that the person they look after is receiving care of the very highest standard either at our day centre **Ty Conway** or at home through our **support services**. This leaves the carer free to have a break from what can sometimes be an exhausting and stressful daily routine.

Ty Conway Day Centre

This small day centre in **10am—3.30pm Monday -Saturday**

Penlan, Swansea provides a happy and vibrant environment.

Visitors can enjoy a variety of creative activities whilst they are cared for and supported by qualified staff and trained volunteers.

Staff are always on hand to give visitors help and to take care of a wide variety of individual needs.



Activities and Entertainment

Refreshments on arrival
Two course lunch with juice
Music
Creative activities
Sitting and chatting

Provision of Care includes

Toileting, washing and changing
Eating, drinking and oral care
Support with medication
Minimal assistance with moving
e.g. wheelchair to chair

Home Support Service

A qualified support assistant **9am - 5pm Monday—Friday**

will take care of the cared for at home whilst the carer enjoys a break for 2-4 hours or more for special occasions. The break can enable the carer to attend medical appointments, meet up with friends, do some shopping or simply chill out.

Provision of Care includes

Toileting, washing and changing
Eating, drinking and oral care
Support with medication
Minimal assistance with moving e.g. wheelchair to chair
Light housework

Sharing the Care Service

This is a 'not **9am - 5pm Monday—Friday (weekends negotiable)**

for profit' fee paying service which supplements the Home Support Service. It offers the same practical assistance and activities but for a small fee.

How to access the Caring Break Service

Clients are usually referred to us by a social worker, health professional or voluntary organisation but you can contact the service directly by telephoning **Viv Arthur on 01792 578158**