

The Helping Family Carers Project

**Are you the parent of a child with a disability?
Do you care for an older relative or friend?**

Tailored, personal support you need at the right time
to make a difference.

Information

Advocacy

Bespoke Training

Skills for your caring role

Support Groups

Carer Awareness Training



The Helping Family Carers Project

Making a Difference!

The Helping Family Carers Project is designed and co-produced by carers for carers – this means that we provide the tailored, personal support you need at the right time to make a difference.

Taking part is easy – come along to one of our support groups, training sessions, through our online surveys and discussion or by calling for a one to one chat.

Your Project, Your Choice!

For more information or to get involved
contact 01792 653344 or
angela@swanseacarerscentre.org.uk



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