



**CAREGIVERS.
YOU ARE
NOT ALONE.**

“

**I WANTED TO TALK ABOUT IT.
DAMN IT.
I WANTED TO SCREAM.
I WANTED TO YELL.
I WANTED TO SHOUT ABOUT IT.
BUT ALL I COULD DO WAS WHISPER...
"I'M FINE."**

”

SCAN TO DONATE



I'm fine...

The Swallows



Frustrated • Isolated • Neglected • Emotional

Shaping the future for caregivers



Our 24/7 Patient and Caregiver support line
service is answered by a real person

☎ **07504 725 059**

www.theswallows.org.uk

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