

CARERS NEWSLETTER

Website update

We have updated the carers section of our website, so hopefully you will find it easier to use. Take a look:

www.3chequers.co.uk/carers



If you have any feedback, please get in touch.



Garden Party

Thursday 18th May 2:30pm to 4:30pm

This year's Garden Party is on Thursday 18th May 2:30 to 4:30pm at St Thomas's House (just along the path from the church).

We will be doing this jointly with our "POWOW" group for Partners or Widows or Widowers, many of whom are ex-carers. We're delighted to be joined by folk duo Ribble!

Join us for a cream tea and some tunes!

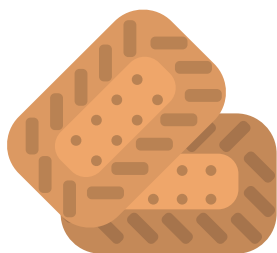
Do you care for someone with dementia?

Alzheimer's Support Wiltshire runs online and in-person courses, and we have heard that they are excellent. They say: As well as being an invaluable insight into the condition and the changes it may bring, it is a good way to connect with others in similar circumstances.

Their next course is in-person on Monday mornings from 26th June to 31st July.

Contact them on **01380 739055** or visit

<https://www.alzheimerswiltshire.org.uk/online-training-course-for-family-carers>



Carers Coffee Morning

*Saturday 8th July - 10am
to 12noon*

Join us at St Thomas's House (just along the path from the church) on Saturday 8th July - refreshments are free, and all carers (and the person you care for) are welcome.

Weekly Carers Café

*at Salisbury District
Hospital*

Did you know there is a weekly Carers Café in Springs Restaurant on Level 2, Salisbury District Hospital? It's Every Thursday afternoon, Open 2:30pm to 4pm and all carers are welcome.



MEET THE TEAM



Clare Christopher - Carer's Lead



Lyn Seymour - Carer's Lead

As well as our Carers Leads, Clare & Lyn, we also have our **Care co-ordinators** and **Community Connectors** who may be able to help you.

Our Care Co-ordinators are Agnetha and Floriana. They work for Wiltshire Health and Care, but are attached to our surgery. They are very knowledgeable about care packages, home aids & adaptations, and local services.

Our Community Connectors are Fiona and Mandie. They work for Wiltshire Centre for Independent Living, and are what's called "Social Prescribers".

The Community Connecting team can assist you to find out more about your local community and how you can access some of the following:

Voluntary Work

Social Clubs

Meeting Friends

Further education
(including college courses and other
training opportunities)

Local community facilities to do
things that you enjoy

If you would like a referral to either of these services, please just ask.

Other Training Courses:

Carers Support Wiltshire runs courses on topics such as “Understanding Autism”, “Safeguarding yourself” and “Manual handling”.

These can be in person or online.

To find out more contact
admin@carersupportwiltshire.co.uk or phone
0800 181 4118

Do you support someone with drug or alcohol issues?

There are now meetings in Salisbury, set up by the group
“Families Out Loud”.

Contact them for more details:

enquiries@familiesoutloud.org

Phone: 07444 098427

Spring COVID Boosters

The practice is not taking part in the Spring Covid booster programme.

If you or the person you care for is eligible, please call 119, or go online:

<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>