

# CARERS NEWSLETTER

## Flu Jab

### **Carers are eligible to have a flu jab.**

You should have had a flu vaccine invitation and appointment link sent to your mobile phone. If you have not had an SMS, please make sure that you have given us:

- Your most up-to-date mobile number
- Consent to receive SMS messages from us

(If you are opening this Newsletter via an SMS link or attachment, we have got everything we need! If not, you can call us and we can amend this information for you easily.)

For anyone without a mobile number, or if you have not received an appointment link, call our team between 09:30 and 13:30, using the options to book a flu vaccine.

(Option 1 > Option 5 then select according to your age)



### **Support for you**

If you would like one of the carers team to contact you, please don't hesitate to ask via Reception or by emailing: [three.chequers@nhs.net](mailto:three.chequers@nhs.net)

## **Three Chequers Coffee Mornings: Thursday 28th September 2023**

### With a history display & walk

Drop into St Thomas's Church any time between 10am and 12noon on Thursday 28th September for our coffee morning.

We are very pleased to be joined by Lesley from ArtCare at Salisbury District Hospital. Lesley will again be bringing her display on the history of health care in Salisbury.

At 11:30am Lesley will be leading a "Medical Mystery Tour" – a walk with an alternative focus on a medicine, care and public health. This guided tour around Salisbury tells the stories held in ArtCare's historical collections - you'll visit famous landmarks and see them from a new perspective, we'll walk you through over 800 years of fascinating tales and places. Everything from Florence Nightingale, ghosts, Turkish baths, epidemics and medicine from war.

It will last about 1.5 hours and on flat pavements (approx. 1.8 miles).

There is no need to book for the coffee morning or the walk – just come along!

## **Thursday November 30th**

Join us at St Thomas's Church any time between 10am and 12noon for coffee and cake and a chance to catch up with a Wiltshire Parent Carer engagement volunteer, Zena.



## Workshops for Carers

We are very pleased to be working with arts charity Rosetta Life, who have been commissioned by Wiltshire Council to run some creative workshops for carers.

They will be running sessions for Three Chequers carers on Tuesday 10th, 17th, 24th and 31st October, from 2 - 4pm at the Methodist Church on St. Edmund Church St.

Artist Sarah Collins will run songwriting and singing workshops. Participants will write their own poems and songs and learn how to develop melodies for their writing.

Sarah will support this process with music and voice sessions encouraging everyone to participate, but, importantly, it is also possible for people want to watch from the edges until they gain confidence to join!

You can attend all sessions, or just come to just one. You do not need to book but it helps Rosetta Life to have an idea of numbers if you can book in advance – however if you have not booked you can still turn up!

The room in the Methodist Church is on a flat ground floor, and there is a disabled loo.

The person you care for is also welcome to come along.

Tea and coffee and biscuits and fruit will be provided.

**If you would like to book a place or if you have any queries, please email the Rosetta Life team at [info@rosettalive.org](mailto:info@rosettalive.org) or call the office on 01608 676 662.**

(Please don't contact the surgery about these sessions as we are not arranging them!)

## **Third Party Consent**

We need to have signed consent from the person that you are caring for in order for us to discuss their information with you.

We have a form that can be completed so that we can do this going forward. Please click the link below, or get in touch so we can send you a copy.

<https://www.3chequers.co.uk/carers>

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### **Other Coffee Mornings:**

- Carers cafe at the hospital every Thursday 2.30 to 4 in Springs on Level 2.
  - Alzheimer's Carer Support Group monthly, call 01380 739055
  - Parkinson's Carer Support Group monthly, contact:  
[info.parkinsons.salisbury@gmail.com](mailto:info.parkinsons.salisbury@gmail.com)
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## **Carers Clinics**

If you feel that you would like the opportunity to have a health check up and a chat with a support worker from Carers Support Wiltshire, please let us know as we have some dedicated carers clinics coming up.