

# CARERS NEWSLETTER

## Practice News

We are pleased to announce that our Carers Clinics have restarted. These include a health check with one of our fantastic healthcare assistants, followed by a chat with Alison; our **Community Connector** from Carer Support Wiltshire.

These are best for people who are new to Carer's Support Wiltshire - if you would like to book a place, please get in touch.

*Did you know... you can book a health check at **any time** - just ask!*

## Success!

We are absolutely thrilled to announce that, once again, we have been awarded Platinum Accreditation by Carer Support Wiltshire.

*An excellent tribute to the hard work of the Carer's Team at the Practice!*



## Hope Programme for Carers

This FREE 6 session online course covers topics such as: Managing fatigue and getting better sleep with mindfulness Setting boundaries and avoiding burnout Communication and relationships Getting active, creative and eating well Using your strengths to make you happier.

**Are you the parent of an autistic child?** Would you like to learn tips to cope better and be more resilient? The Hope programme is running a FREE 6 week online course from 13th September 2022 (there will be more dates in the future).

Book now by clicking [here](#)

# Carers Survey

Thank you to everyone who took the time to respond to our online Carers Survey. We were delighted to hear that the majority of Carers felt that we were supporting them well.

There were some questions coming from the survey which we would like to share the results of:

- **Can the Carers Leads be contacted directly?**

We move around desks and sites, so we don't have a direct line. However, we can be contacted via the surgery email address [three.chaquers@nhs.net](mailto:three.chaquers@nhs.net) or by calling the Practice's telephone number **01722 336441**

- **Can you arrange events and activities at the weekend?**

Yes! Please see the events section on Page 4 of this newsletter. This will be our first Saturday event so please do come along and support us. Hopefully the weather will be nice, and we can have some tables out in the garden!

- **Can the person being cared for come to events?**

Absolutely! We strive to provide a safe, non-judgmental space for all.

- **Can we give advice about benefits?**

The topic of benefits is so complex that we cannot give out advice. Speak to [Citizens Advice](#) or [Age UK Wiltshire](#) who are experts and will be happy to help.

## **Tour of “Kaleidoscopic” at Salisbury Arts Centre**

Wiltshire Creative have offered us our own tour of this exhibition at Salisbury Arts Centre. It brings together residents of Salisbury's St Peter's Place & Bemerton Heath who have been working with Sculptor Julieann Worrall Hood to make a “sensory kaleidoscope”. We will be visiting on **Tuesday 4th October**. Meet at the café at 10.30 for a hot drink, then the tour will start at 11:00.

## **Weekly Carer's Café at Salisbury District Hospital**

All carers are welcome to attend the weekly carer's café that takes place every Thursday between 14:30 and 16:00, run by Helen Dowse, Carer's Champion. It takes place at Spring's restaurant on Level 2.

## Do you enjoy crafting?

The “Creative Carers” hold sessions for carers on the 1st Monday of the month (unless it's a Bank Holiday, then it's the 2nd) in Room 1 at The Methodist Church in St Edmund Church Street SP1 1EF. There is disabled parking at the back of the church, and both entrances have ramps. The group say: “A relaxed ,chilled out , friendly atmosphere is aimed for and there is a different craft each month.” They also run sessions on Fridays at the Tesco Extra Community Space (Southampton Road) 14:00 to 17:30 which are open to all (not just carers).

## Carers Coffee Saturday 1st October with history display and walk

Drop into St Thomas's House (just along the path from the church) any time between 10:00 and 12:00 on Saturday 1st October for our coffee morning. We are very pleased to be joined by **Lesley** from **ArtCare** at Salisbury District Hospital. Lesley will be bringing her display on the history of healthcare in Salisbury. When she brought this to a coffee morning in the Spring it went down an absolute storm so we have asked her to bring it again!

At 12:00 Lesley will be leading a “Medical Mystery Tour” – a walk with an alternative focus on a medicine, care and public health with ArtCare who manage the archives at Salisbury District Hospital. This guided tour around Salisbury tells the stories held in our historical collections - You'll visit famous landmarks and see them in 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)

*We will have plenty of cakes at the coffee morning to keep you going through the walk if you are taking part!*

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## COVID Autumn Boosters and Flu Jabs for all Carers

The latest news about COVID boosters this Autumn is that they **will** be offered to everyone over 50 **and** Carers aged 16 to 49. As with other years, all carers are also entitled to a Flu Jab. We are busy planning our COVID booster and Flu Jab clinics and will be sending out text message and email reminders for patients to book - so make sure we have your up-to-date contact information!

## Silver Salisbury Events for Carers

There are lots of events happening for “Silver Salisbury” this Autumn: Older carers are welcome to drop in to a “Silver Salisbury” café at St Thomas’s Church on Monday 19th September from 9.30am to 12noon. A wildlife photography talk is taking place on Tuesday 20th September at the Quaker Meeting House from 7pm and last but not least a Carers and Older People’s Tea Party with music on Tuesday 4th October from 3pm also at the Quakers Meeting House. For more info or to book a place [click here](#) or call Helen Dowse, Carers Champion on 07976 405048.

## What's going on?

Date and Time	Location	Details
Saturday 1st October 2022	St Thomas' House (up the path from the church)	Coffee morning for carers and ex-carers <b>PLUS</b> history display and walk - see page 3
Tuesday 4th October 2022	Salisbury Arts Centre	Tour of the Kaleidoscopic exhibition - see page 2
Thursday 24th November 2022	St Thomas' Church	Coffee morning for carers and ex-carers

## MEET THE TEAM



Clare Christopher



Lyn Seymour