

CARERS NEWSLETTER

Re-starting events for Carers

We're absolutely delighted to be able to restart our popular events for carers and ex-carers. We have come up with a programme that we hope you will enjoy.

We're always open to suggestions for events or activities so do get in touch if you have any ideas or requests.

As ever we are very grateful to St Thomas's Church for allowing us to use their facilities for our events. Huge thanks also to the Bourne Hill Secret Garden, George Fleming, and The Dust Hole pub who are all supporting our carers free of charge!

Coffee Mornings

Thursday 11th November at St Thomas's House (just along the path from the Church), and
Thursday 13th January 10am-12noon at St Thomas's Church

The "Crafty Carers" will be joining us if you fancy doing something hands on, or you may just want to catch up with other carers over a cuppa and cake. Refreshments are free but a small donation to the church would be very welcome.



Carers Leads

Clare Christopher (Tuesday - Thursday) and Lyn Seymour (Tuesday & Thursday) are our Carers Leads.

"If you need support, whether that is booking an appointment, applying for a grant, requesting information or just someone to listen to you; we are both here to help."

You can contact us by calling the surgery on 01722 336441 or by email at three.chequers@nhs.net"



Platinum - again!

Thanks to the exceptional hard work of our Carers Team, we have, once again been awarded Platinum Level accreditation by Carers Support Wiltshire.

This is 3 consecutive years that we have achieved this and, rightfully, the Carers Team are delighted that their hard work has paid off!

We are always looking for ways to improve our service and the support we offer to carers, so if you have any thoughts or suggestions, please get in touch with either Clare or Lyn.

Join us in saying a huge "Well done!" to the Carers Team for this fantastic accomplishment!

AFTERNOON TEA IN THE GARDEN

Thursday 2nd September 2021 2pm-4pm

All carers and ex-carers are invited to join us for afternoon tea at St Thomas's House and garden (just along the pathway from St Thomas's Church). This will be our first get together for over a year and we are so looking forward to seeing you!

Refreshments will be served free of charge, but a small donation to the church would be very welcome if you are able. You are welcome to bring the person that you care for, and please note that the house and garden are both accessible to wheelchair users. There is no need to book, just come along on the afternoon. If the weather is bad....we will be indoors!

A treat for garden lovers

Join us for a guided exploration around the Bourne Hill "Secret Garden" on Thursday 16th Sept at 10.30am.

This walled garden behind the Wiltshire Council offices has been turned into an amazing community garden by a team of dedicated volunteers.

Come and find out all about the garden and enjoy a cuppa afterwards. This event is free but a small donation to the Secret Garden would be very welcome. You can find out more about the garden here:

<https://www.sgv-greenteam.com/>

Booking is essential as places are limited!



Local History Walk!

Friday 8th October 11am

Historian George Fleming will lead a guided walk entitled "A Slice of Milford History". Meeting at the post box on The Greencroft (pictured), George will take us on a walk lasting 1 to 1 1/2 hours and ending up at The Dust Hole pub for homemade soup and a roll.

The walk and lunch are both free but a small donation to the Milford Street Bridge Project would be very welcome. The bar will be open if you want to buy yourself (or George!) a drink.

Booking essential as places are limited!

Unfortunately this walk is not suitable for wheelchair users.

A message from the Carers' Champion

Hello everyone, I am Helen Dowse Salisbury Carers' Champion and I live in Salisbury.

I try to raise the profile of Unpaid Carers with public, private and voluntary sector organisations. I try to help and support our unpaid carers by keeping them informed and up to date with what is available regarding statutory information, support groups, activities including those on line, all to enable them to manage their caring role more effectively. I am very happy to attend Carers groups or Cafes by invitation to have a chat and meet people and most importantly try and help you with that niggling question.

I also encourage organisations to include and involve Unpaid Carers in their consultations and decision making processes to ensure that their valuable knowledge and support is not ignored when their cared for person is perhaps in hospital, attending a GP appointment or needing other support and guidance.

I post regularly on the Safer and Supportive Salisbury Facebook page <https://www.facebook.com/SaferandSupportiveSalisbury> as well as other groups including Carers Support Wiltshire page. <https://www.facebook.com/carerswiltshire>. You can also see more about the Safer and Supportive Salisbury group on the website <https://safersalisbury.org.uk/>

If you are a carer for a family member or friend and you wish to contact me, you can do so via my Twitter page https://twitter.com/dowse_helen, by email on sassalisbury5@gmail.com or I can be reached by the Safer and Supportive Salisbury phone number 07484 157768. I will do my best to answer all your questions and if I can't do that I will find someone who can!



Are you a new carer?

Carers Support Wiltshire have put together a brilliant online resource for new carers which can be found at

www.carersupportwiltshire.co.uk/help-advice/new-to-caring/

Flu jabs

We're busy planning this year's flu jab campaign but don't have the details at present. You will be able to find out more via our website or posters in the surgeries. All carers are eligible to have the flu jab so please make an appointment when the time comes.

If the person you care for is housebound we will be in touch to arrange a visit. However this service is very limited so please (please!) only request a home visit for the person you care for if they are truly housebound i.e. they don't go out anywhere. Requests for a home visit for social reasons won't be accepted.

Please make sure that your contact details are up to date - especially if you received this newsletter in the post when we could have sent it via email and saved paper!

Did you know you can update your details and give us up to date information via online forms here <https://www.3chequers.co.uk/online-forms-index>



Below is a quick guide to our events and activities. To book a place, please email three.chequers@nhs.net or call 01722 336441

Date & Time	Event / activity	Booking needed?
Thursday 2nd September 2pm - 4pm	Afternoon tea at St Thomas's House	No
Thursday 16th September 10.30am	Explore The Secret Garden at Bourne Hill	Yes
Friday 8th October 11am	History walk leaving from The Greencroft post-box	Yes
Thursday 11th November 10am - 12noon	Coffee morning at St Thomas's House	No
Thursday 13th January 10am - 12noon	Coffee morning at St Thomas's Church	No