

# CARERS NEWSLETTER

## “Creative Oasis” at ArtCare

\*BOOKING REQUIRED\*

19th May 2022 2-4pm

Fancy spending an afternoon doing something creative? Then join this informal creative session led by ArtCare, no previous experience necessary and all materials provided, includes tea and biscuits! Places limited so please book. You are welcome to bring the person that you care for.

## Tour of “The Same Sea, Different Boat” Exhibition - \*Booking Required\*

Thursday 3rd March 1.30pm

Join us for a guided tour of the new exhibition at Salisbury Arts Centre, “Same Sea, Different Boat”. This textile artwork is an uplifting artwork, a combination of craftivism and social documentary. The piece consists of hundreds of hand printed and stitched stories lovingly produced by individual artists from across the UK and abroad. Each participant in this piece is reacting to the COVID-19 pandemic. After the tour there will be time for a cuppa and chat.

## Explore the Salisbury Health Care Archives!

We’re delighted that ArtCare will be joining us at our next coffee morning on 24th March. They say:

*Get to know the historic collection which ranges from the 1760s to present day. Photographs, documents, books, instruments, objects and stories relating to General Infirmary to Odstock Hospital and many other sites around Salisbury - The artefacts and archives provide a fascinating insight, not only into medicine and healthcare but social history of the city for the past 250 years.*

[www.salisburyhealthcarehistory.uk](http://www.salisburyhealthcarehistory.uk)

## UPCOMING EVENTS

Some events require booking – please contact [three.chequers@nhs.net](mailto:three.chequers@nhs.net) or call us: 01722 336441. All events are **FREE**.

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|----------------|---|
| 03 / 03 / 2022 | Tour of the "Same Sea, Different Boat" exhibition - see above     |
| 24 / 03 / 2022 | Coffee Morning at St Thomas' Church - 10am to 12pm                |
| 19 / 05 / 2022 | "Creative Oasis" outside ArtCare - Salisbury Hospital - see above |
| 16 / 06 / 2022 | Garden Party at St Thomas' House - 2pm to 4pm                     |

## Well City Courses

Well City is a new group running creative courses for people with low mood, anxiety or those who are feeling stressed. Courses run over an 8-week period and are **free to attend**. The next course will run from 23rd Feb to 13th April and looks at the origins of the city through archaeology and art and includes three walks. If you are interested in this, or wish to explore other courses, contact [wellcity.salisbury@wessexarch.co.uk](mailto:wellcity.salisbury@wessexarch.co.uk) or follow them on Twitter @WellCitySals

Gina, who attended a previous Well City course, gave this feedback:

*"I thoroughly enjoyed the experience and found it really beneficial. It was an eight-week creative course set up by Well City Salisbury looking at artefacts found in Salisbury's waterways during the Medieval period. I would highly recommend the course, it was extremely well organised, by a friendly and talented team of individuals. It gave me the opportunity to spend some time doing something creative, without any pressure, in a relaxed atmosphere.*

*It was exciting to be able to take time out from my usual routine and day, to do something relaxing and enjoyable; with kind and empathetic people in a safe environment.*

*I think I can say, on behalf of all of the attendees, that we were extremely sorry to see the course end.*

*Many thanks for giving me the opportunity to attend this lovely course. It has opened my eyes up to the fact that it is possible to "make time" for yourself if a chance, such as this, is provided."*



A picture by Gina using Ink & Bleach of Medieval clippers found in the rivulets running through Salisbury. The actual artefact will be displayed in Salisbury Museum in the near future

### **Creative Conversations for those who are housebound**

If you or the person you care for are housebound, you might enjoy a new scheme from "Celebrating Age Wiltshire". Creative Conversations provide individual participants with weekly one-to-one phone conversations over a 10-week period: 5 sessions with a creative artist (these can be face-to-face or by phone) and 5 sessions with a volunteer (these are by phone) to develop their interests, skills, well-being and creativity. It is particularly aimed at older people who are isolated and housebound, but suitable for others who need creative stimulation to support their well-being. **If you would like to take part, please get in touch with Clare or Lyn at the surgery who can refer you.**

## **News from Carers Support Wiltshire**

### *Carer cafes & groups*

Carer Support Wiltshire offers regular opportunities for unpaid carers to meet up with their peers for a chat and a coffee in Salisbury. No need to book, just turn up.

Young adult carer café – Salisbury Cathedral Refectory

11.00am – 12.30pm. Please check website for dates.

Support group – White Hart Hotel

2nd Wednesday of the month, 10.30am – 12.00pm

Carer café – Red Lion Hotel

3rd Tuesday of the month, 10.30am – 12.00pm

Creative carers – Methodist Church, St Edmunds Church Street

1st Monday of the month, 11.30am – 1.30pm

Please check their website for full details

[www.carersupportwiltshire.co.uk/whats-on](http://www.carersupportwiltshire.co.uk/whats-on)

### *Carers Guide*

Carer Support Wiltshire have compiled a new 'Guide for Unpaid Carers', which can be viewed on their website or received by post. The free guide covers topics such as carers allowance, managing someone's affairs, funding adaptations to the home, short breaks and holidays and carers assessments, and it includes information on the many organisations in Wiltshire who can offer additional support to carers.

In the UK, 3 in 5 people will be carers at some point in their lives. A carer is anyone who cares, unpaid, for a family member or friend who could not always manage without their support. They might look after someone with a physical disability, autistic spectrum disorder, long term health condition, mental health issue or a problem with substance abuse.

Looking after someone can be a positive and rewarding experience but it can also be exhausting, stressful and isolating. Staying informed about support and services available and feeling part of the carer community can be vital for a carer's wellbeing, and the guide aims to provide all of the information a carer needs.

You can download the guide at [carersupportwiltshire.co.uk/carers-guide-2021](http://carersupportwiltshire.co.uk/carers-guide-2021). Visit the same page to request a guide is sent to you in the post, or call 0800 181 4118.

# Can we talk to you?

If you need to talk to us about, or on behalf of the person that you care for, then we need to have **signed consent**. To make this easier, we have a form that can be completed and dropped back to the surgery.

## Setting up a simple Carer's Emergency Plan

If you look after someone, it can be helpful to create an Emergency Plan, ahead of an actual emergency! Mobilise Online have a very useful template that you can download and complete:

[www.mobiliseonline.co.uk/emergency-planning-for-carers](http://www.mobiliseonline.co.uk/emergency-planning-for-carers)

If you aren't online, then contact the Carers Team and we will print you a copy.

### Do you care for someone with drug or alcohol addiction?

If so then there is a new group for you. "Families Out Loud" supports families across Wiltshire and says: "We're pleased to announce the launch of our new face-to-face support group in Salisbury. It's held on the 2nd & 4th Wednesdays of each month, from 6:30 til 8:00 pm." Contact them for details of location or more info: on [07444 098427](tel:07444098427) or [familiesoutloud@gmail.com](mailto:familiesoutloud@gmail.com)

### Do you care for someone with dementia?

If you do, we strongly encourage you to get in touch with Alzheimer's Support Wiltshire. They have lots of information and support, including courses for carers. Call them on [01225 776481](tel:01225776481) or see <https://www.alzheimerswiltshire.org.uk/>

### Dig In!

Dig in is a monthly wellbeing café hosted by Wessex Archaeology at Salisbury Arts Centre. Each month there is a short talk, followed by an opportunity to ask questions. Then it's time for chatting over a hot drink, which you can buy from the Arts Centre café. Dig In is a great place to go either on your own or with the person that you care for. It is running on Wednesdays 23rd Feb, 30th March & 27th April 10.30am-12pm

### Salisbury Museum "Conversation Club"

This facilitated session is particularly suitable for people living with dementia, carers and any older person who might find it difficult to navigate the galleries alone. It's held on the 1st Monday of the month 10.30-12pm and costs £4 (although carers are free). For more info or to book a place, call [01722 332151](tel:01722332151) or see:

<https://salisburymuseum.org.uk/whats-on/events/conversation-club>