

CARERS NEWSLETTER

Welcome to our newsletter for those who are caring for a family member, friend or neighbour.
If you are receiving this newsletter and you are not a carer, please let us know.



Three Chequers' Events - dates for your diary!

Coffee Mornings

Join us for a hot drink and cake on the following dates:

- Thursday 18th September- 10am to 12noon at St Thomas' Church

This event will be attended by ArtCare and the "Your voice, hear it" team (see below)

- Thursday 27th November - 10am to 12noon at St Thomas' Church
- Thursday 12th February (2026) - 10am to 12noon at St Thomas' Church



All our carer's events are free to attend; you are welcome to bring the person you care for.



Flu Jabs

Information about the Autumn Flu & COVID clinics can be found [here](https://www.3chequers.co.uk/news/autumn-flu-covid-clinics-2025)
<https://www.3chequers.co.uk/news/autumn-flu-covid-clinics-2025> or by
clicking the image of the vaccine vial (left)



Have Your Say on Oral Health in Wiltshire



Voice It, Hear It is running an independent survey on behalf of Public Health at Wiltshire Council to understand people's real experiences with dental care.

They particularly want to talk to carers and say: "Your voice matters. Your experience counts. Help shape future services and improve dental access in your community."

Click the clipboard (if viewing online) or type "<https://survey.zohopublic.eu/zs/6aaZpm>" into your browser.



Prefer to chat? They would love to hear from you - call on **01380 722475**

Email more your "thing"? - contact them at voice@communityfirst.co.uk



Don't forget to 'like' us on Facebook - search Three Chequers Medical Practice

Carer's Together Wiltshire events in Salisbury

Salisbury Carer Café

Description: The Carer Cafés are a chance for unpaid Carers to chat, relax and catch-up – it's all about connecting, having fun and looking after your mental well-being! Free drink and a cake for all unpaid Carers. No need to book - just turn up on the day.

Upcoming dates: 16 Sept, 21 Oct, 18 Nov, 16 Dec, 20 Jan, 17 Feb, 17 Mar

Time: 2pm-3:30pm

Location: The White Hart Hotel, St John's Street, Salisbury SP1 2SD

Carer Corner Salisbury

Description: Carers Together Wiltshire in partnership with Alabaré Riverside Sanctuary have a new group for Carers! Our lovely volunteer, Chloe, will be there to say hello and is especially keen to meet other younger and working Carers for a bit of peer support and friendly connection.

Upcoming date: 23rd September 2025 (more dates to follow)

Time: 7pm-9pm

Location: Riverside Sanctuary, 2 Watt Rd, Salisbury SP2 7UD

Check out their website for the latest updates: www.carerstogetherwiltshire.org.uk

Carer's Support Wiltshire events in Salisbury

Mental Health Carer Café

When & Where: 24th September, 10am-12noon - White Hart Hotel

Description: The Salisbury Care and Share mental health cafe is for carers who are looking after someone with a mental health condition. This cafe is run in partnership with Avon and Wiltshire Mental Health Partnership (AWP) and they will have a member of staff present at each cafe.

Financial Wellness Hub

When & Where: 7th October 10am-12noon - Brown Street Baptist Church

Description: As part of the Carer Money Matters service, Carer's Support Wiltshire are setting up 'Financial Wellness Hubs' in local communities across Wiltshire. These monthly drop-in sessions are an opportunity to meet face-to-face with a member of their team, receive personalised advice and support, and learn more about how Carer Money Matters could help you!

For other dates or more information: Click [Events](#) | [Carer Support Wiltshire](#), go to <https://carersupportwiltshire.co.uk/whats-on/> or call **0800 181 4118**

Free to attend events at ArtCare, Salisbury District Hospital

Our colleagues at ArtCare run a monthly history club on the first Thursday of the month and a Creative Coffee Club on the 3rd Thursday of the month.

Both events are from 11am-1.30pm and are drop-in.

They are free to attend. See <https://artcaresalisbury.uk/> for more information or call them on 01722 336262 ext.5617

Wiltshire Adult Care and Support Guide

This has lots of very useful information on staying independent, getting support, home care, and care homes among other things. The online book can be found here <https://www.carechoices.co.uk/publication/wiltshire-care-services-directory/>

We have a few paper copies which we can give out to anyone that would like one.

Thank You

to all of the people and organisations who help
Three Chequers to support carers in our area;
St Thomas' Church, Helen Dowse (Carers champion
for Salisbury), ArtCare, Celebrating Age Wiltshire, Carers Support Wiltshire
and Carers Together Wiltshire.

A special thank you to our own brilliant team of volunteers who help with our
events; Helen, Marisa, Mary and Stephen.

YOUR CARERS TEAM



Clare Christopher - Carer's Lead

Lyn Seymour - Carer's Lead



CALLING ALL YOUNG CARERS!

DO YOU WANT TO HAVE
YOUR VOICE HEARD?



WE WANT TO HEAR

FROM YOU!



NHS ENGLAND, THE DEPARTMENT OF HEALTH AND
SOCIAL CARE, AND THE DEPARTMENT OF
EDUCATION ARE WORKING TOGETHER TO IMPROVE
THE LIVES OF YOUNG CARERS.

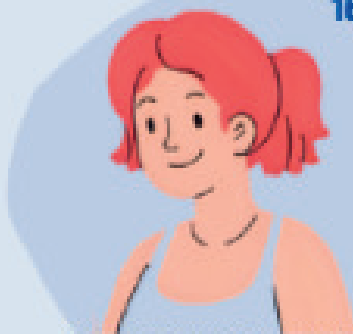
LED BY YOUNG CARERS!

WE ARE HOSTING A SERIES OF WORKSHOPS TO
HEAR YOUNG CARER VOICES ON THESE DATES:

10TH SEPTEMBER 4-5PM & 5.30-6.30PM

16TH SEPTEMBER 4-5PM & 5.30-6.30PM

17TH SEPTEMBER – 4-5PM



THE INFORMATION WE HEAR WILL HELP
MAKE REAL CHANGES TO THE LIVES OF
YOUNG CARERS ACROSS ENGLAND.

WE CAN ONLY MAKE CHANGES BY HEARING FROM YOU ABOUT YOUR
EXPERIENCES OF BEING A YOUNG CARER, AND RIGHT NOW WE DON'T KNOW
WHO ALL OF THE YOUNG CARERS IN ENGLAND ARE, AND SO NOT EVERYONE IS
BEING SUPPORTED.

Do I look
like I care?
#NHSThinkCarer

GET INVOLVED,
AND BOOK YOUR SPACE IN A WORKSHOP
BY CONTACTING THE EMAIL
ADDRESS BELOW:

ENGLAND.NHSTHINKCARER@NHS.NET 