

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.

DO WE HAVE consent to talk to you about the person you care for if they are also registered here?

We need to have signed consent from the person that you care for in order to speak to you about them and share their information (unless they are a child, or an adult lacking the capacity to consent to share). You can download a form to be completed from our carers page here <https://www.3chequers.co.uk/carers> or ask for us to send you a copy.

Moved home? New number? Changed email address?

We will only know if you tell us!

It will only take 5 minutes to do this by email - send us your old contact information along with the new to:

bswib.3chequers.reception@nhs.net

Alternatively, you can give us a call on 01722 336441 - try not to call first thing in the morning as our telephone lines are usually quite busy!

YOUR CARERS TEAM



Clare Christopher - Carer's Lead



Lyn Seymour - Carer's Lead

Our fantastic carers team are happy to help wherever they can. Call or email us using the details above, or use our online requesting tool - SystemConnect



Three Chequers' Events

Dates for your diary!



Coffee mornings at St Thomas' Church

10:00 to 12:00

Join us for a hot drink and cake to chat to other carers and the carers team, plus representatives from various local carer organisations.

- **Thursday 12th February**
- **Thursday 16th April**

POWOW & Carers Garden Party at St Thomas' Church Garden

(just up the path from the church)

Partners or Widows or Widowers and Carers are invited to join us for a cream team and some music - good weather has been pre-booked!

- **Thursday 4th June - 14:00 to 16:00**

All of our carers events are free to attend; you are welcome to bring the person that you care for.

Carers Support Wiltshire

We are saddened to hear that Carers Support Wiltshire (CSW) will be closing their doors at the end of March. CSW have supported Salisbury's carers for many years, including our popular carers clinics and the GP accreditation scheme.

If you have not yet registered with Carers Together Wiltshire (the new organisation for carers), then please do so. Their information is on the next page.

Message from Carers Together Wiltshire

“ There are currently thousands of people identified as unpaid carers in Wiltshire. At Carers Together Wiltshire, we want to ensure that unpaid carers can achieve a healthy balance between their caring responsibilities and their own health and wellbeing.

We work closely with Wiltshire Council to offer support, and Carer Assessments, to enable unpaid Carers to take regular breaks from their caring responsibilities. When you are caring for someone, it can be easy to overlook your own needs.

Prioritising your health and setting aside time for yourself can enhance your resilience and ability to manage your care-giving role.

Together in partnership, we support people who are providing unpaid care to another person and offer a range of support services, such as:

- **Information & advice**
- **Carer Assessments**
- **Activities & trips**
- **Coaching, training & peer support**
- **Carer Groups**
- **Carer ID cards**
- **Referrals for support**

You can find out more about the support we offer on our website, including our Carer Groups and Events, and how we can help Parent Carers and Young Adult Carers.

<https://carerstogetherwiltshire.org.uk/>

We have three regular Carer Groups in Salisbury: our Carer Café, Carer Corner, and Parent Carer Group:

- **Salisbury Carer Café** – Meets on 3rd Tuesday of the month, from 2pm – 3:30pm, at The White Hart Hotel, St John's Street, Salisbury SP1 2SD

- **Carer Corner** – Meets every 4 weeks (visit our website), from 7pm – 9pm, at Alabaré Riverside Sanctuary, 2 Watt Road, Salisbury SP2 7UD
- **Salisbury Parent Carer Group** – Meets on the 1st Wednesday of the month, from 10:30am – 12pm, at Cosy Club, 49 New Street, Salisbury SP1 2PH

For more information, please visit our website or reach out to us at **01380 710300** or email:

enquiries@carerstogogetherwiltshire.org.uk

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From Carers Champion for Salisbury, Helen Dowse:

A useful reminder for carers about financial information can be found here:

<https://www.carersuk.org/help-and-advice/financial-support/>

Thank you

To the following for their help and support: St Thomas's Church, Helen Dowse (Carers Champion for Salisbury), ArtCare, Celebrating Age Wiltshire, Carers Together Wiltshire, Wiltshire Parent Carer Council

Special thanks to our brilliant team of volunteers who help with our events: Helen, Marisa, Mary, & Steven