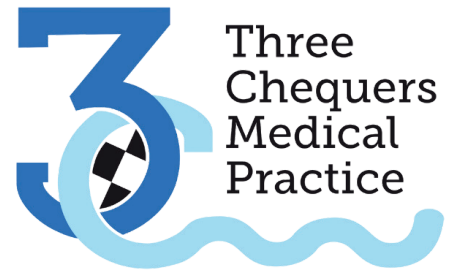


Three
Chequers
Medical
Practice

2026

Edition 2



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Medical
Practice

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.

Garden Party 4th June

A huge **THANK YOU** to everyone who joined us for the Garden Party on 4th June. We had over 70 people from our carers and POWOW (Partners or Widows or Widowers) groups. We were so busy that at one point the church hot water urn refused to work because we were using too much hot water!

Another very big thank you to Rebecca at Stars Appeal Live who arranged for the lovely Sophie to play live piano music for us. Also a very big thank you to Sainsburys and local care agency Caremark both of whom were very generous in providing us with the cream tea!

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.

Many thanks to the following for their help and support:

St Thomas's Church, Helen Dowse (Carers Champion for Salisbury), Celebrating Age Wiltshire, Carers Together Wiltshire, Stars Appeal Live, Wiltshire Parent Carer Council

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



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 17th September**
- **Thursday 26th Novemeber**

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

River Park Guided Walk

Tuesday 23rd June - 14:30 to 16:30 - Meet at Central Car Park

Guided walk of the new artworks in the Salisbury River Park.

Join artist, **Sue Martin**, on the new Salisbury River Park, exploring multi-artists artworks on a trail stretching just under a mile, starting from the Central Car Park and ending at Fisherton Recreation ground. Taking approximately 2 hours, you can explore Murals, Sculpture, Soundscapes and living willow, learning about each artist and the nature that inspired diverse and colourful responses to the five rivers that are part of the city of Salisbury.

Meet at the Kingfisher painted on the (closed) toilet block in the Central Car Park (what3words: ///hood.wheels.tiles).

Suitable for wheelchairs and mobility scooters.

Part of the public arts programme for Salisbury River Park, curated by Studio Response in partnership with the Environment Agency, Wiltshire Council, and Salisbury City Council.

Book a **FREE** place by emailing three.chequers@nhs.net or calling **01722336441**

Young Gallery guided tour

Tuesday 20th October - 11:00 to 12:30 - Young Gallery, Salisbury Library

Join curator Emily Dunbar for a tour of the Young Gallery (including a cuppa and chat). Having attended last year's guided tour, we can highly recommend it! The exhibitions are:

- Gallery 1: Display of the permanent collection (some of the works will have changed from the last time)
- Gallery 2: Bath Academy of Art Exhibition which is a collaborative project featuring work from the Young Gallery's collection, Chippenham Museum and Bath Spa
- Gallery 3: Field Notes, a community exhibition by Wessex Archaeology

*Please book a space by emailing three.chequers@nhs.net or calling **01722 336441***

A message from Carers Together Wiltshire:

Carers Together Wiltshire is a partnership, commissioned by Wiltshire Council, dedicated to supporting unpaid Carers in Wiltshire to achieve a healthy balance between their caring responsibilities and their own interests/wellbeing. We can provide activities, advice, and support (including peer-support) for Carers. We run regular Carer groups in Salisbury and are here to listen and offer practical help:

Carers Together Salisbury Carer Café

Description: The Carer Cafés are a chance for unpaid Carers to chat, relax and catch-up - its 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.

Date: 3rd Tuesday of every month

Time: 14:00 to 15:30

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

Carers Together Wiltshire Salisbury Mental Health Carer Café

Description: The mental health cafe is for unpaid Carers who are looking after someone with a mental health condition. Take a chance to chat, relax and catch-up with other Carers – it's all about connecting and looking after your well-being!

Date: 4th Wednesday of every month

Time: 10:00 to 12:00

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

Carers Together Wiltshire Carer Corner Salisbury

Description: Take a well-deserved break and join us at Carer Corner – a relaxed space to chat, connect, and unwind with others who understand the challenges of caring.

Date: Every 4 weeks (please visit our website for upcoming dates - <https://carerstogethertwiltshire.org.uk/events/>)

Time: 19:00 to 21:00

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

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

enquiries@carerstogethertwiltshire.org.uk

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 below, or use our online requesting tool - SystemConnect

t: 01722 336441

e: bswicb.3chequers.reception@nhs.net

We run carers clinics where you can have a health check followed by a chat with someone from Carers Together Wiltshire. If you feel you would like an appointment please contact Lyn Seymour at the surgery and we will try to accommodate you.