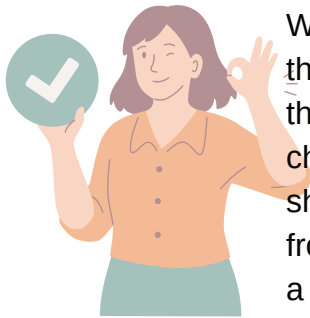


CARERS NEWSLETTER

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.

Consent - do we have yours?



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](#) or ask for us to send you a copy.

Do we have your correct contact details?

It's really important that we have your correct contact details. For emails we also need these to be verified for us to be able to use them. Please update your contact details by emailing us on:

bswibc.3chequers.reception@nhs.net

Online Support

You can get all sorts of support online at

www.mobiliseonline.co.uk/ including the option of a virtual “cuppa” with other carers.



Phone Support

Carers UK has a new information phone service for carers. Call the freephone telephone service on **0800 888 6999** and follow the options provided.

Living Well with Dementia Showcase

Safer and Supportive Salisbury are running a Living Well with Dementia Showcase on Tuesday 21st May at the Guildhall. Look out for info in the local press or at <https://safersalisbury.org.uk/> or by phoning 07484 157768

Dementia Safeguarding Wristband

The Dementia Wristband scheme is a pilot scheme in which a wearable wristband is available free of charge to residents in Wiltshire.

If you are a carer or relative of someone with dementia or awaiting diagnosis, you can request a wristband which stores electronic information about the wearer such as their name and next of kin. The device can be scanned by emergency services, or by a person assisting them, if the individual is found lost or in distress.

To register, call **01225 776481**, or go to:

www.alzheimerswiltshire.org.uk/forms/dementia-safeguarding-wristband-referral-form

Free Matinee Films for people with dementia and their carers

The Everyman Cinema on Endless Street is running free monthly matinee films for people over 60, with a preference to those living with dementia and their carers / family. A hot drink is also included. To book, call 01722 515767

Three Chequers Coffee Mornings:

Dates for your diaries:

Thursday 14th March 2024

10:00am to 12:00pm at St Thomas' House

(just up the path, past the church)

Join us for a hot drink and cake to chat to other carers and the carers' team. Helen Dowse, Wiltshire Council Carers Champion will also be there for a chat!



Thursday 6th June 2024

2:00pm to 4:00pm at St Thomas' House Garden

(by the house - see above!)

Join us for a garden party for our carers and POWOW (Partners or Widows or Widowers) group.

Cream teas and live music provided!

Thursday 18th July 2024

10:00am to 12:00pm at St Thomas' House

Join us for a hot drink and cake to chat to other carers and the carers' team. Lesley from ArtCare will be there for a "History chat"!



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

Well City Courses

There are two fantastic new courses being run by Well City Salisbury:

The Nature in Archaeology with Wessex Archaeology.

Wild Art: Wanders in Nature with Wiltshire Wildlife Trust

Courses are ideally suited to those experiencing low to medium mental health needs, like anxiety, stress, low mood, and depression and those struggling with feelings of social isolation.

To find out more see www.wellcitysalisbury.co.uk or call **07707 296883**

Activities at ArtCare (Salisbury District Hospital)

These are lovely activities and are open to all. They are held each month at the ArtCare Culture Club at The Green, opposite the R1 bus stop.

2nd Friday – Creative coffee club

4th Friday – History coffee club

Lesley from ArtCare says:

“Drop in anytime 10am – 12 noon – tea, biscuits and informal discussions or activities, free of charge and open to all. (We now have a temporary ramp for the door step to improve access) contact sft.artcare@nhs.net 01722 336262 ext 5617 and all details on our Eventbrite page”

www.eventbrite.co.uk/o/artcare-28126838233