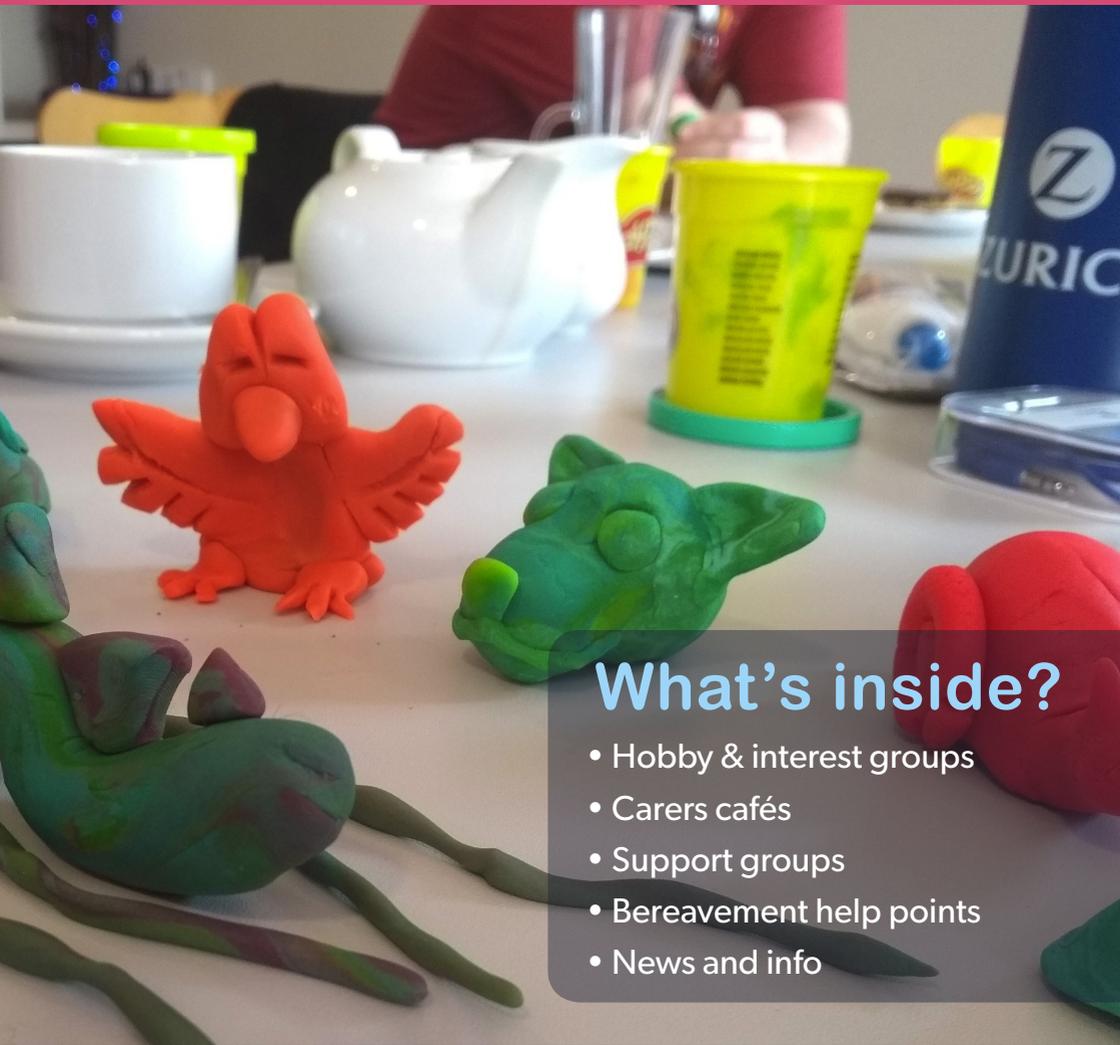


What's On Guide & Newsletter

April - September 2022



What's inside?

- Hobby & interest groups
- Carers cafés
- Support groups
- Bereavement help points
- News and info



Carer Support
Wiltshire

A Network Partner of
**CARERS
TRUST**



A hello from our **Chief Executive**

Send us your feedback

If you would like to see something included, or have any suggestions or feedback around activities, groups or cafes, we would love to hear from you. Please email us at **admin@carersupportwiltshire.co.uk** or call **0800 181 4118**.

Please contact Link on **01380 722241** for details about their service or call **0871 200 22 33** for information about public transport.

All dates and speaker information are correct at the time of going to press. For up-to-date information please visit our website **www.carersupportwiltshire.co.uk/whats-on**

Many of our activities will be accessible via your local Link service or public transport.

We're so pleased to have a very full schedule of activities for you lined up this spring/summer and beyond, in contrast to how things have been since the pandemic began.

When you are caring for someone it's important to be able to take some time to yourself, and it can be useful to know other people who are in similar situations to your own. We run a number of regular activities across Wiltshire, which include cafes (all unpaid carers are welcome to drop in and enjoy a cup of tea/coffee and cake), creative groups and support groups, including ones for specific groups such as parent carers and young adult carers. We also organise some special events, such as the cookery workshops we have coming up in April and May where you can learn how to make a new dish in a relaxed and friendly environment.

It was Young Carers Action Day in March and a wonderful opportunity to hear and shout about the achievements of some very inspirational young people who care for someone, as well as learn about and consider the barriers they face. We will be celebrating the work of all unpaid carers this Carers Week, which takes place from 6 June. Unpaid carers face many challenges every day and caring for someone can feel like a lonely job at times. Remember, there is an army of unpaid carers out there – Carers Week gives us a chance to shout about them, to remind carers they are not alone and to inform everyone how we can best be supporting one another.

Wish best wishes,

Judy

Keep up to date

For resources, news and up to date information around events, activities and support:

- Visit our website at **www.carersupportwiltshire.co.uk**
- Subscribe to our monthly **email newsletter**
- Follow us on social media. We're on Facebook, Twitter, Instagram and LinkedIn



This year's Carers Week takes place from Monday 6 until Sunday 12 June and the theme is 'make caring visible, valued and supported'.

We will be holding a number of special events during Carers Week – with guest speakers, groups and giveaways that we hope will make all of our wonderful attendees feel special and spoilt (as they deserve to be!). Details will be available in the coming month – please keep an eye on our website What's On pages and email newsletter if you can. Or call/email us at the end of April for more information.

We do know that we'll be running a virtual balloon race for this year's Carers Week, which will give all entrants the chance of winning some great prizes. A virtual balloon race is a simulation of a real one (except it's 100% eco-friendly) and you'll be able to customise and track the progress of your balloons over the course of the week. Each balloon costs £3 and we hope it will raise important funds to help us support even more unpaid carers.

Watch this space and we look forward to seeing you during this year's Carers Week.



Hobby groups and activities

To book on any of these activities please call our admin team on **0800 181 4118** or email admin@carersupportwiltshire.co.uk

Family fun afternoon

We are pleased to an afternoon at Park Farm in Yatton Keynell near Chippenham on Sunday 17 July, 1.00pm – 4.00pm.

The owners of the farm will be offering as part of the afternoon:

- Trailer tours of the farm
- Live music
- Tea and cakes

There will be parking available in the field and portaloos will be available on site.

Places are limited so to book your place please email

admin@carersupportwiltshire.co.uk

or call **0800 181 4118**.

Please note that Carer Support Wiltshire are not the organisers of this event.

Creative carers

Explore your creative side with our friendly carer groups. No experience needed, just a desire to have fun. Tea and coffee supplied but please bring your own lunch.

Chippenham

Venue: Kind Alfred Hall, St Andrew's Church, Market Place, Chippenham, SN15 3HT

Time: 11.00am – 2.00pm

Dates: 22 April; 20 May; 17 June; 15 July; 19 August; 16 September

Salisbury

Venue: Methodist Church, St Edmunds Church Street, Salisbury, SP1 1EF

Time: 11.00am – 2.00pm

Dates: 4 April; 9 May; 6 June; 4 July; 1 August; 5 September



Cookery classes

Funded by
CARERS TRUST

We are pleased to be running seven cookery workshops at The Farm Cookery School thanks to funding from the Carers Trust. Each two hour session will show you how to make a new dish - choose from four options available - and give

you a tasty pudding too. These are completely free for our community and we have several sessions that you are welcome to attend along with the person you care for.

Menu One

Steak with Red Wine & Rosemary Sauce,
Chunky Chips & Petit Pois

Teriyaki Chicken with Caesar Salad

Pork Meatballs in Tomato & Chilli Sauce
with Spaghetti

Chickpea, Spinach & Mushroom Curry
with Quinoa

Chocolate Brownie

Lemon Cheesecake

Menu Two

Steak with Pepper Sauce,
Portobello Mushrooms, Roasted Tomato &
Sweet Potato Chips

Chicken with Green Beans and Pesto Pasta

Mediterranean Halloumi with
Spiced Chunky Chips

Goan Fish Curry with Basmati Rice

Mango & Coconut Dessert

Apple Crumble

Menu Three

Steak with Red Wine & Rosemary Sauce,
Chunky Chips & Petit Pois

Salmon & Sweet Potato Fishcakes with
Basil & Strawberry Salad & Balsamic Vinegar

Pork Meatballs in Tomato & Chilli Sauce
with Spaghetti

Asparagus & Mushroom Risotto

Lemon Posset

Sticky Toffee Pudding

Menu Four

Chicken with Green Beans and Pesto Pasta

Galloway Burger with Chunky Chips & Slaw
(or Homemade Baked Beans)

Chicken or Vegetable Curry with Basmati Rice

Chicken or Vegetable Chow Mein

Lemon Cheesecake

Chocolate Orange Brownie

**Venue: The Farm Cookery School, Netherstreet Farm,
Bromham, Nr Devizes, SN15 2DS**

Dates & times:

7 April - 7.00pm – 9.00pm.

Menu 2. Carer and your cared for

19 April - 11.30am – 1.30pm.

Menu 3. Carers 18+

27 April - 7.00pm – 9.00pm.

Menu 4. Carer and your cared for

3 May - 11.30am – 1.30pm.

Menu 1. Carers 18+

9 May - 7.00pm – 9.00pm.

Menu 2. Carer and your cared for

19 May - 11.30am – 1.30pm.

Menu 3. Carers 18+

25 May – 11.30am – 1.30pm.

Menu 4. Carers aged 18-25 yrs

Free dietician sessions

Thanks to the same Carers Trust funding we are also able to offer some free dietician sessions:

19 May 10am - 2pm at Bowood Hotel, Calne. Q&A session.

Free 1-2-1 sessions where you can talk about your's and/or your cared for's dietary needs.

To book on either of these please call **0800 181 4118**
or email admin@carersupportwiltshire.co.uk

Cafes and support groups

Carer Cafes

Our cafes are a great way to make new friends and enjoy a cuppa, cake and a chat with others in relaxed, friendly surroundings. Come when you can and stay for as long, or as little as you like.

Amesbury

Venue: Evergreen Court Cafe, Archers Gate, Amesbury, SP4 7YT
Time: 10.30am – 12.00pm
Dates: 6 April; 4 May; 1 June; 6 July; 3 August; 7 September

Kindly funded by **Tesco** Community Grants

Bradford on Avon

Venue: Cassia BoA, Avonworks House, Kingston Road, Bradford on Avon, BA15 1AB
Time: 10:30am – 12:00pm
Dates: 28 April; 26 May; 23 June; 28 July; 25 August; 22 September

Calne

Venue: The Lansdowne Strand Hotel, The Strand, Calne, SN11 0EH
Time: 10:30am – 12:00pm
Dates: 12 April; 10 May; 14 June; 12 July; 9 August; 13 September

Chippenham

Venue: The Angel Hotel, 8 Market Place, Chippenham, SN15 3HD
Time: 10:30am – 12:00pm
Dates: 25 April; 16 May; 20 June; 18 July; 15 August; 19 September

Cafes and support groups

Corsham

Venue: The Methuen Arms, High Street, Corsham, SN13 0HB
Time: 10:30am – 12:00pm
Dates: 21 April; 19 May; 16 June; 21 July; 18 August; 15 September

Devizes

Venue: The Bear Hotel, Market Place, Devizes, SN10 1HS
Time: 10:30am – 12:00pm
Dates: 6 April; 4 May; 1 June; 6 July; 3 August; 7 September

Ludgershall

Venue: The Queen's Head, High Street, Ludgershall, SP11 9PZ
Time: 3.00pm – 4.30pm
Dates: 5 April; 3 May; 7 June; 4 July; 2 August; 6 September

Kindly funded by **Tesco** Community Grants and Wessex Water Community Fund

Malmesbury

Venue: Malmesbury Abbey Café, Gloucester Street, Malmesbury, SN16 9BA
Time: 10:30am – 12:00pm
Dates: 28 April; 26 May; 23 June; 28 July; 25 August; 22 September

Kindly funded by Malmesbury Health & Wellbeing Board and Wessex Water Community Fund

Marlborough

Venue: The Jubilee Centre, 28 High Street, Marlborough, SN8 1LW
Time: 10:30am – 12:00pm
Dates: 26 April; 24 May; 28 June; 26 July; 23 August; 27 September

Kindly funded by Marlborough Health & Wellbeing Board

Melksham

Venue: The Kings Arms Hotel, 20 Market Place, Melksham, SN12 6EX
Time: 10:30am – 12:00pm
Dates: 7 April; 5 May; 9 June; 7 July; 4 August; 1 September

Mere

Venue: Angel Tea Rooms, Angel Lane, Mere, BA12 6DH
Time: 2.30pm – 4.00pm
Dates: 25 April; 16 May; 20 June; 18 July; 15 August; 19 September

Kindly funded by Wessex Water Community Fund

Salisbury

Venue: The Red Lion Hotel, Milford Street, Salisbury, SP1 2AN
Time: 10:30am – 12:00pm
Dates: 19 April; 17 May; 21 June; 19 July; 16 August; 20 September

Salisbury District Hospital – carer café and info point
(please note this is not a CSW carer café)

Venue: Springs Restaurant, Salisbury District Hospital, Salisbury, SP2 8BJ
Time: 2:30pm – 4:00pm
Dates: Every Thursday from the 21 April

Swindon

Great Western Hospital – we hope to be able to restart this café soon. Please keep an eye out at the hospital for details or visit the what's on section of our website.

Venue: Refresh Restaurant, GWH, Marlborough Road, Swindon, SN3 6BB
Time: 2:00pm – 3:30pm
Dates: Every Wednesday

Tisbury

Venue: Beatons Café,
Tisbury Row, Tisbury, SP3 6JP
Time: 10:30am – 12:00pm
Dates: 26 April; 24 May;
28 June; 26 July; 23 August; 27 September

Kindly funded by Wessex Water Community Fund

Trowbridge

Venue: Palmer Gardens Café, Canal Road,
Trowbridge, BA14 8QJ
Time: 1:30pm – 3:00pm
Dates: 11 April; 9 May; 13 June; 11 July;
8 August; 12 September

Warminster

Venue: Crockerton Garden Centre,
Warminster, BA12 8AP
Time: 2:00pm – 3:30pm
Dates: 19 April; 17 May; 21 June; 19 July;
16 August; 20 September

Young Adult Carer cafes

We hold regular bi-monthly young adult carer cafes in Chippenham, Salisbury and Trowbridge. Topics and activities for the spring and summer include:

- Crafts and quizzes
- Staying safe online
- University peer support
- Keeping yourself safe
- Support with results day

To attend these cafes you do need to be registered with us and book a place. Please contact admin@carersupportwiltshire.co.uk for more details.

Online cafes



For those of you who might not be able to join us in person, we also run online cafes on a regular basis. To join please email our admin team at admin@carersupportwiltshire.co.uk or call **0800 181 4118** and they will send you the login details.

Time: 2.00pm – 3.00pm

Dates: 14 April, 28 April, 12 May, 26 May, 9 June, 23 June, 7 July, 21 July, 4 August, 18 August, 1 September, 15 September, 29 September

Support groups



These are monthly groups which are open to all carers. There is always a support worker on hand to help you and discuss any difficulties you may have. Some venues and dates will feature a guest speaker. For up-to-date information please visit our website at carersupportwiltshire.co.uk/whats-on.

Chippenham

Venue: Angel Hotel, Market Place, Chippenham, SN15 3HD

Time: 10.30am – 12.00pm

Dates & speakers:

- 4 April – Alzheimer's Support
- 9 May – Age UK Wiltshire
- 6 June – Citizens Advice Bureau carers project
- 4 July – Health Improvement Coach
- 8 August – Andy Keogh Hypnotherapy TBC
- 5 September – Wiltshire Bobby Van Trust

Kindly funded by Chippenham Borough Lands

Devizes

Venue: Bear Hotel, Queen Charlotte Room, 2-3 The Market Place, Devizes, SN10 1HS

Time: 10:30am – 12:00pm

Dates & speakers:

- 19 April – The Stroke Association
- 17 May – Age UK Wiltshire
- 21 June – Citizens Advice Bureau carers project
- 19 July – Devizes Historical Society
- 16 August – Katie Burholt, Community Connector, Wiltshire CIL
- 20 September – Dorset & Wiltshire Fire & Rescue Service Safe and Well

Support groups continued

Royal Wootton Bassett

Venue: The Brunel Room, The Angel Hotel, 47 High Street, Royal Wootton Bassett, SN4 7AQ

Time: 10.30am – 12.00pm

Dates & speakers:

- 5 April – Athelstan House & Alzheimer's Support
- 3 May – Simon Foreman, Financial planner
- 7 June – Carers Week activity
- 5 July – Carer café
- 2 August – Carer café
- 6 September – Carer café

Salisbury

Venue: Room 3, SP2, Fisherton Street, Salisbury, SP2 7QW

Time: 10:30am – 12:30pm

Dates & speakers:

- 13 April – Karen Linaker, Community Engagement Manager, Wiltshire Council
- 11 May – Alzheimer's Support
- 8 June – Dorset & Wiltshire Fire & Rescue Service Safe and Well
- 13 July – Age UK Wiltshire
- 10 August – Healthwatch Wiltshire
- 14 September – Health Improvement Coach

Trowbridge

Venue: Palmer Gardens Café, Canal Road, Trowbridge, BA14 8QJ

Time: 1:30pm – 3.00pm

Dates & speakers:

- 20 April – Trowbridge camera club
- 18 May – Order of St John Care Trust
- 15 June – Healthwatch Wiltshire
- 20 July – Age UK Wiltshire
- 17 August – Simon Foreman, Chilvester
- 21 September – Dorset & Wiltshire Fire & Rescue Service Safe and Well

Warminster

Venue: Warminster Park Community Centre, Weymouth Street, Warminster, BA12 8NP

Time: 2:00pm – 4:00pm

Dates & speakers:

- 4 April – Age UK Wiltshire
- 9 May – Legal talk on wills & estate planning
- 6 June – Get Wiltshire Walking
- 4 July – U3A
- 1 August – A walk in the park, Warminster
- 5 September – Alzheimer's Support

Parent Carer Group

Group for people who are caring for a child or young adult. Come along to share useful information and experiences with other parent carers.

Venue: The Bear Hotel, 2-3 The Market Place, Devizes, SN10 1HS

Time: 10:30am – 12:00pm

Dates & speakers:

- 6 April – Easter activities
- 18 May – Shared days & lives
- 15 June – Wiltshire CIL
- 20 July – TBC
- 17 August – TBC
- 21 September – TBC



Bereavement help points

Run in partnership with Dorothy House Hospice, this is a community based drop-in service where all people who are bereaved are welcome. It's a space to meet and talk with others who may be experiencing similar thoughts and feelings, in an informal and supportive setting.

Corsham

Venue: Three Brewers, 51 Priory Street, Corsham, SN13 0AS
Time: 1.30pm – 3.30pm
Dates: 2nd and 4th Thursday of each month

Chippenham

Venue: Angel Hotel, Market Pl, Chippenham SN15 3HD
Time: 10.00am – 12.00pm
Dates: 2nd and 4th Wednesday of each month.

This group is kindly funded by Chippenham Borough Lands.

Devizes

Venue: Bear Hotel, 2-3 The Market Place, Devizes, SN10 1HS
Time: 10.30am - 12.30pm
Dates: 1st Tuesday of each month

This group is kindly funded by Devizes Town Council, Devizes Lions, Potterne Parish Council, Worton Parish Council

Sign up for Here to Talk

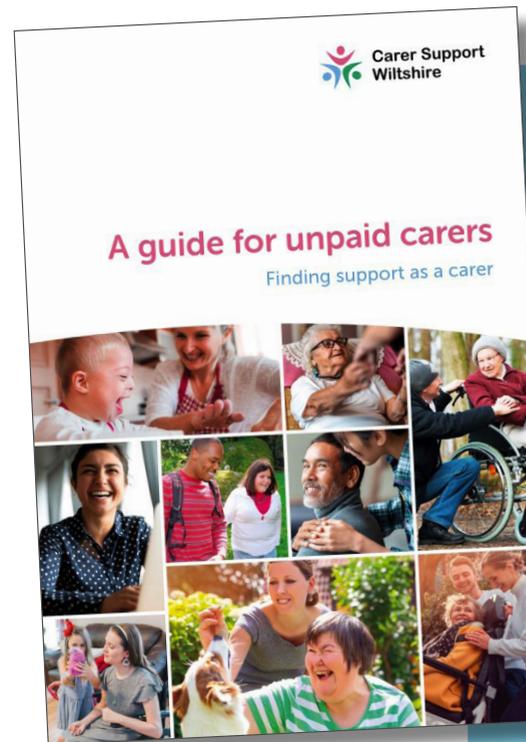
Here to Talk is a telephone befriending service we offer to anyone who feels it would benefit them. One of our trained volunteers will phone you regularly, to see how you're doing and have a chat about anything you'd like to talk about. Carers tell us that it's really beneficial to have someone to talk to who isn't a friend or family member as it allows them to talk more openly and freely. It's also nice to connect with someone new and have half an hour in the day to sit down and have a conversation just for you. Call or email us to sign up for Here to Talk.

Have you spoken to us recently?



If you've just started caring for someone, or if your situation has changed since we last spoke, we'd encourage you to get in touch to see what support might be available to you

One of our staff will ask you a series of questions about your caring role and how it is impacting your own health and wellbeing, which will help us to identify if you would benefit from and be able to access additional support. You can call us on **0800 181 4118** during office hours.



FREE Carers Guide

We're pleased to be able to offer unpaid carers an updated 'Guide for Unpaid Carers', which covers topics such as Carer's Allowance, managing someone's affairs, funding applications to the home, short breaks and holidays, carer assessments and much more. It also includes local information about the many organisations in Wiltshire that offer support to carers. Call us on **0800 181 4118** to request a copy is posted to you, or you can view it or request a copy on our website www.carersupportwiltshire.co.uk/carers-guide-2021

Raise funds for unpaid carers without spending a penny extra

There are some really easy ways you can help us to raise funds. If you shop online, you can help us by signing up to Amazon Smile or Give as You Live and selecting us as your chosen charity. If you shop at any of these Tesco stores, you can also vote for us using the token you'll be given at the checkout.

- Calne, Beversbrook Road Tesco Superstore
- Calne Tesco Express
- Marlborough Tesco Superstore
- Devizes Tesco Express.

Co-op members who shop at the Corsham Co-op or Pickwick Petrol Station can also select us as their cause and will be donating to us as they shop.

Finally, we can claim money from your used printer cartridges. We're signed up to the Recycle 4 Charity printer cartridge scheme and can get up to £2 per ink jet cartridge. To get set up, visit recycle4charity.co.uk/register/C23383

We're hugely grateful to everyone who takes the time to help us to raise funds. If we have enough people doing these things, it can really add up to a useful amount of money to support our work

Are you still caring for someone?

It can be an incredibly difficult time when a caring role comes to an end. A caring role can end for a number of reasons and we still offer support during this transitional time. If the person you cared for has passed away, you may want to attend one of our Bereavement Help Points for support. If the person you cared for is being cared for by someone else or has been moved to a care home, it may be that you are still providing significant amounts of additional support and vigilance, which means you still have a caring role.

All former carers are welcome to continue attending our carer cafés and other groups for up to 18 months after the caring role ends. You will likely have found friends and a support network at these events and it's important to know that they will still be there for you.



Volunteer

Your time could make a big difference!

We need YOUR skills, experience and time to improve the lives of carers in your community. In return you will receive training and support from a friendly team.

Various volunteer roles are available in administration, connecting communities, marketing and specialist local projects.

Contact us on 0800 181 4118 or email volunteer@carersupportwiltshire.co.uk

Financial support for carers

If you are regularly worrying about money and how you will afford to pay upcoming bills and for other essentials, there is support available. Some things we recommend:

Contact your local Citizen's Advice branch or contact us to be signposted to the Wiltshire Citizen's Advice Carers Project. The project's advisers can explore options available to you.

Contact us to find out about grants that may be available for you or the person you care for. Carers Trust also has information on their website about grants available to carers.

Depending on your income, assets and living arrangements, you might be able to:

- Apply for Carers Allowance and other benefits
- Get help with paying for prescriptions and other healthcare costs from the NHS low income scheme
- Apply for a free or discounted TV licence or council tax discounts
- Protect your pension by having your contributions covered by the government if you've given up or reduced paid work to care for someone

You should also make sure that the person you are caring for gets all the social care and support they're entitled to, which could make your role as a carer made easier. They are entitled to receive a care needs assessment from the council.



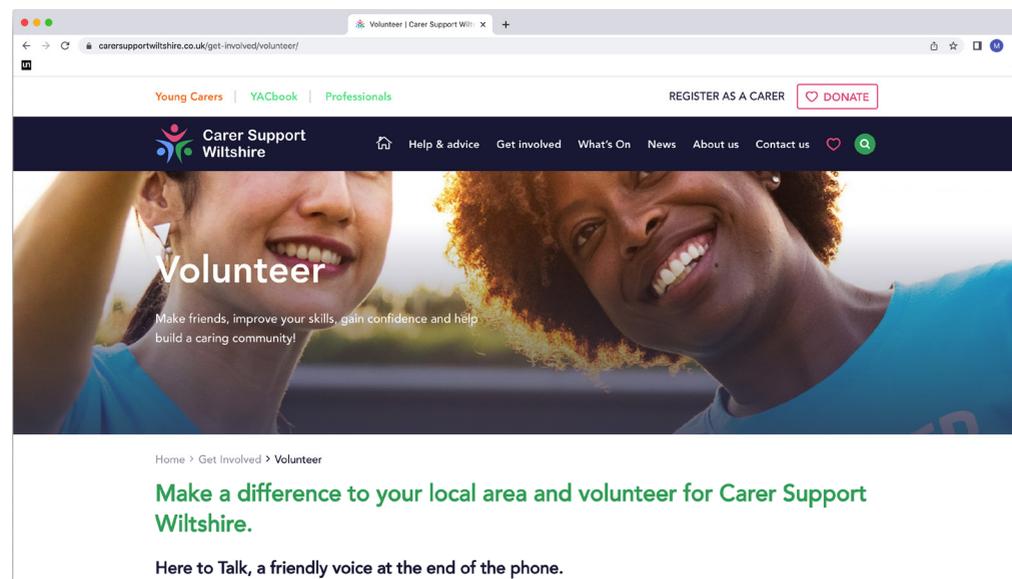
Carer Involvement

Your voice, knowledge and experience of being a carer could make a big difference!

Do you feel that your experience of being a carer has given you an understanding of how services in the county should be shaped, developed, improved, or simply feedback on carer positive experiences?

There are many ways in which you can be involved in influencing services at a county level. You could give carers a voice and influence and change for the better how services for carers are provided in Wiltshire. You could help acute and community hospitals to better understand the caring role or perhaps to develop best practice for employers for when a carer wants to return to work.

We're looking for more carers to help us, so please get in contact and join one of the many groups.



Contact us on **0800 181 4118** or email volunteer@carersupportwiltshire.co.uk

Useful info and numbers

The Advocacy People
0330 440 9000

Alzheimer's Support
01225 776481

Avon & Wiltshire Mental
Health Partnership
0800 953 1919

Age UK Wiltshire
0808 196 2424

Citizens Advice
0800 144 8848

Independent Living Centre
01380 871007

Mind
0300 123 3393

Parkinson's
0808 800 0303

Relate
0300 003 0396

Samaritans
116 123

Shelter
0808 800 4444

Stroke Association Wiltshire
01722 329053

Turn2Us
0808 802 2000

Wiltshire Council

Advice and contact team
0300 456 0111

Families and Children's Services
Integrated Front Door
0300 456 0108

Wiltshire Parent Carer Council
01225 764647



**Carer Support
Wiltshire**

You can contact us on **0800 181 4118**
or email us at admin@carersupportwiltshire.co.uk
Visit: www.carersupportwiltshire.co.uk