



Carer Support Wiltshire

Carer Support Wiltshire Newsletter

Autumn/Winter 2018



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Carer Support Wiltshire is a local charity providing support to carers in Wiltshire.

A carer is someone who provides unpaid support to a family member or friend who could not always manage without their help.

We help carers, including young carers and young adult carers, to access the information, support, training and breaks they need to continue in their caring role. We work with organisations, employers, and health and social care professionals to help raise awareness of and support carers.

A message from our Chief Executive, Catharine Hurford

Welcome to this latest edition of our carers newsletter – and what a lot is going on.

Over the past 9 months we have been changing the way we do things and you can read about some of the great early results here.

For young carers, we are working for the first time in schools, aligning to the county-wide Healthy Schools programme, and helping young people achieve their potential. We all know the value of having a break and this summer more young carers than ever before had just that thanks to our exciting new partnership with Youth Action Wiltshire.

Our breaks offer has changed this year and you will read about how the generosity of the people of Wiltshire has made a difference to the lives of carers. Read about how we are tackling the loneliness epidemic head on in Melksham, Trowbridge and Corsham and this year we are appealing again to Wiltshire communities to work with us to build strong connections and reduce isolation for carers.

We want to reach those carers who find a piece of quiet time in the small hours when many access our website. We have stepped up to the mark with new online resources and a 24-hour moderated forum which allows carers to talk to other carers about the things that matter to them at the time of their own choosing. Visit our website to check it out.

All that and updates on our new work with military communities and more volunteering opportunities. After some years of uncertainty, staff and volunteers are certainly seizing the moment. It is a joy to read about how much is going on to make sure that carers are recognised, valued and supported.

Finally, on a personal note, I am making my own move after 5 and a half years with Carer Support Wiltshire. I am pleased to hand over the baton at such a positive time for carers here in Wiltshire.



C. I. Hurford

Catharine Hurford,
*Chief Executive of
Carer Support Wiltshire*

The launch of a new carer café in Mere, meet your Community Connector events and an afternoon at beautiful Westonbirt School were some of the things going on as part of our Carers Week celebrations.



GP practices in Wiltshire went platinum at the recent Carer Support Wiltshire Investors in Carers GP Accreditation Scheme Awards. The awards celebrate those Wiltshire GP practices that have gone above and beyond for unpaid carers. This year saw 17 practices receiving platinum awards at the event attended by councillors, CSW trustees and patron, MP and GP Dr Andrew Murrison.

Congratulations to Danielle Hewer who won Carer of the Year at the Wiltshire Life Awards. Here she is receiving her award.



Wiltshire Businesses, Corsham Print and Dorothy House have been recognised for their ongoing commitment to carers with a Working for Carers Outstanding Employer Accreditation. The awards were presented by Devizes MP and patron of Carer Support Wiltshire, Claire Perry at the Working for Carers network lunch.



What's New?

In partnership with CSW and Swindon Carers Centre and with the help of a grant from Zurich Community Trust a new Carer Information Service was launched at Great Western Hospital.



Jackie Maton from the CSW Reaching Communities Team and Rachel Palfreeman from GWH

A warm CSW welcome to Claire Perry, MP and Dr Andrew Murrison MP who joined CSW as patrons of CSW and to Dr Toby Williams and Liz Brown who joined CSW as Trustees.

We also say hello to new team members, Office Manager - Darren Thorpe, Volunteer Recruitment Co-ordinator - Lindsey Millen, Support Services Team Lead - Susan Bell, Transition Assessment Worker - Sarah Beale, Community Connectors - Jemma Pearson and Alison Millar, YAC Communications Officer - Georgia-May Stone, Military Carer Support Lead - Tracy Park, GWH Volunteer Service Coordinator - Cathy Shahrokni and Andrea Steele, Emma Clarke and Phillip White join the Admin team.

New Digital Tools to Help Carers

We have some amazing new online tools to support carers registered with us, including, Jointly, an easy to use app that can help you to coordinate and communicate to everyone in the care chain, and Forum, a friendly, supportive online community where you can chat to other carers.

We're also working with Bristol Computer Reuse.org to recycle laptops for carers.



Our website has a new look, improved features and better navigation, and now incorporates a site for young carers.



Be the first to hear about events, activities and services relevant to carers with our monthly Carers News e-newsletter. Sign up for your copy today by contacting us or visiting our website.

Time Makes All The Difference



Thanks to the amazing generosity of the people, organisations and businesses of Wiltshire, our Time for Carers appeal met its target last year of raising £25,000. Now the money is being used to help give short respite breaks to some of the 47,500 people in the county who devote their lives to supporting their loved ones.

Diane from Melksham looks after her bipolar son. She received a Time for Carers grant to enable her to attend a Pilates class and enjoy a coffee with new friends made at the class. Malcolm cares for his wife, who has complex health conditions. He was experiencing high levels of anxiety and stress and his physical health was also deteriorating. A Time for Carers funded break meant that he was able to sign up to regular swimming lessons.

Paris, a single parent from Calne cares for her son, Ashton, five, who has autism. Because of his difficulties in coping in a mainstream school, Ashton was excluded and, nine months on, still has no school place. A Time for Carers grant was used to fund support for Ashton allowing Paris time to go to the gym and visit her grandmother.

“When Carer Support Wiltshire stepped in I was getting to the point where I didn’t know who I was anymore. It meant I could have some time to myself and seeing my gran was really lovely.”

So far, 30 awards have been made with each carer receiving an average of almost £200 worth of support.

Thank you to all who gave their time to donate and fundraise for the appeal.

Tackling The Loneliness Epidemic

Nobody likes to feel lonely and it's well known it's bad for our health, but thousands of us feel isolated from our communities and miss out on opportunities to make new friends. A new CSW partnership with the Wiltshire Council Health & Wellbeing Groups, Wiltshire CIL, Age UK Wiltshire and local groups and clubs will see postcards landing through the letterboxes of people living in Corsham, Melksham and Trowbridge this autumn. The aim of the project is to encourage them to join in activities in their area, make new friends and feel connected.

Our Community Connections Appeal is raising £25,000 to help tackle the loneliness and isolation experienced by many carers.



**Reach out,
reconnect and
raise a smile...**

...by donating or fundraising.

Contact our fundraising team
to find out more on
01380 871690 or email:
lizzie@carersupportwiltshire.co.uk

Young Adult Carers Realise Their Dreams

Going off to college, university or starting an apprenticeship is an exciting time for most young adults, but for those looking after someone else, they often lack the confidence or support they need to pursue their goals. In fact Carers Trust found that Young Adult Carers (YACs) are twice as likely not to be in education, employment or training.

CSW and the launch of our exciting new website for young adult carers, YACbook works to change this.

INTRODUCING YACBOOK!

YACBOOK
.CO.UK

A NEW ONLINE COMMUNITY FOR
YOUNG ADULT CARERS

FOLLOW US ON INSTAGRAM AND
TWITTER @YACBOOK FOR UPDATES

Lacie's Story

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Lacie, 19 from Trowbridge, is looking forward to starting her college course in Swansea this year. Studying a course in Level Three Health and Social Care, Lacie then hopes to go on to university.

As Lacie cares for her Mum, she has lots of responsibilities making it hard for her to have time for herself or study, but through 1-1 meetings with CSW Support Worker Andrea, Lacie had someone to turn to, saying, 'Andrea has really helped me sort out the money aspect. I really wouldn't have been able to do it without knowing about the bursaries and grants I can apply for.'

Not only is Lacie looking forward to the opportunities and experiences heading her away, she also has plans to write for YACbook when she has the time in her busy new schedule!

Hannah's Story

Like Lacie, Hannah, 19 from Chippenham (pictured), felt that university was something she wouldn't be able to do while caring for her Mum.

Now, thanks to support from CSW, Hannah is now going onto study Special Effects Makeup for Film and TV at Bolton University. But suddenly stopping your caring role and relying on others to care for your loved one can be incredibly hard, 'I felt really guilty, I felt like I was abandoning my Mum, but she's always been really supportive and told me to just do what I need to do.' Hannah says.

Hannah is incredibly hopeful and positive for the future and promises to come and try out some of her special effects skills on us at our next YAC Café!



YACbook was first created by our YACs themselves and is not only a website for information, but a resource centre and community for young adult carers across Wiltshire and beyond.

If you are a young adult carer who is worried you might not be able to go to college or university, check out YACbook.co.uk for useful information, advice and blogs or contact us for more information.

Young Carers in Schools

As many as one in 12 pupils could be a young carer helping to look after a parent, sibling or relative. Struggling with attendance, unable to complete homework, being bullied and feelings of guilt and isolation are just some of the challenges they face.

Talking to a teacher or their friends can often be difficult for a young carer especially if there is a stigma attached to the illness their cared for might be suffering with i.e. caring for someone with substance misuse problems or mental ill health.



Working with Schools in Wiltshire

We will be working with schools to help them identify young carers, offer guidance on the referral process and how to meet the carer specific healthy school standards in order to be accredited with the Wiltshire Healthy Schools programme.

If you are a teacher and would like to talk to us about how you can support young carers in your school contact our Reaching Communities Team on 01380 871690.

Visit our new Young Carer website to find out more.

Holiday Fun

New research from Action for Children and Carers Trust found that 72% of young carers feel lonely during the summer holidays with many spending more than 4 hours a day caring for a relative. 1 in 5 said they had never been on holiday.

Our partnership with Youth Action Wiltshire means more young carers have been enjoying the holidays with activities including days on the farm at Caenhill Countryside Centre, pictured here and on the front cover. Other days out have included sailing, cookery workshops and survival skills bushcraft.



Support for the Military

We are proud to announce that the value of our work supporting carers in the military has been recognised and CSW have been selected to receive a £130,000 Military Covenant grant to expand it even further. The grant will allow us to launch our Courage to Care initiative which will help to identify and support families within the military.

According to the Army Welfare Service and Army Family Federation the majority of those looking after loved ones within the military community may not be aware that help is available or may not even consider themselves carers. It's estimated there are over 900 families in the Armed Forces who have a family member with a caring role. Courage to Care will support families with a network of trained support officers and volunteers from within the military community.

If you think you might benefit from our Courage to Care project or to find out more please get in touch on 0800 181 4118.

Keep In Touch

Find out more at www.carersupportwiltshire.co.uk
www.workingforcarers.co.uk www.yacbook.co.uk

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(our young adult carers Facebook page)

If you require large print or audio format simply contact us
on **0800 181 4118** or send a quick email to
admin@carersupportwiltshire.co.uk

Contact Us

If you are a carer you can contact us on Freephone 0800 181 4118

For all other enquiries 01380 871690

Social Care out of hours emergency duty number: 0845 607 0888

Email: admin@carersupportwiltshire.co.uk

With kind thanks to our principal funders....



Carer Support Wiltshire, Independent Living Centre, St George's Road, Semington, Trowbridge, Wiltshire BA14 6JQ and at 15 New Street, Salisbury, Wiltshire SP1 2PH

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