Carer Support
Wiltshire

WHAT'S INSIDE?

• Days out
• Pampering
• Hobby & Interest Groups
• Support Groups
• Carers Cafés
• Free Training & Education

What’s On Guide
Groups & Events
April - October 2019
We hope you find something to enjoy among the outings we have put together for the next few months. It may be cold and grey outside but we are already thinking summer sunshine thoughts with our Summer Cream Teas. We have extended the list with new venues suggested by you. Make sure you book early and let us know if you can’t make it so that we can offer a place to someone on our waiting list.

If you would like to see something included, or have any suggestions or feedback around future days out, groups or cafes, we would love to hear from you. Please email us at admin@carersupportwiltshire.co.uk.

Many of our activities will be accessible via your local Link service or public transport. Please contact Link on 01380 722241 for details about their service or call 0871 200 22 33 for information about public transport.

All dates are correct at the time of going to press.

*If you are booked on an activity and can no longer attend, please let us know on 0800 181 4118. We know that your caring role may change at short notice, but if you tell us it means we can offer your place to another carer on the waiting list.*

**GO DIGITAL!**

Swap to a digital copy emailed to you and receive your What’s On Guide early.

Email us at admin@carersupportwiltshire.co.uk or call us on 0800 181 4118.
Summer Cream Teas

Our ever popular cream teas need to be booked by 1st June

The Old Bell Hotel
A charming hotel in the town centre of Malmesbury where you will enjoy your cream tea in a private lounge.

**Date & Time:** 3 July at 2pm  
**Venue:** The Old Bell Hotel, Abbey Row, Malmesbury, Wiltshire, SN16 0BW

Farleigh Hungerford Farm Shop
Enjoy a cream team in this popular farm shop café nestled amongst fields just over the border in Somerset.

**Date & Time:** 11 July at 3pm  
**Venue:** Farleigh Hungerford Farm Shop, Farleigh Road, Norton St Philip, Bath, Avon, BA2 7NG

Riverside Restaurant
Enjoy the peace and quiet of this riverside restaurant just outside Salisbury (On bus route).

**Date & Time:** 9 July at 2pm  
**Venue:** Riverside Restaurant, Wilton House Garden Centre, Salisbury Road, Wilton, Salisbury, SP2 0BJ

Cricklade House Hotel
A hotel standing in over 30 acres of secluded gardens near the Cotswolds. Enjoy your cream tea in the library.

**Date & Time:** 10 July at 2pm  
**Venue:** Cricklade House Hotel, Common Hill, Cricklade, SN6 6HA
**Summer Cream Teas**

**MIPO, Old Potato Yard, Devizes**  
Enjoy your cream tea in this popular farm shop café.  
**Date & Time:** 4 July at 2pm  
**Venue:** The Old Potato Yard, Manor Farm, Lydeway, Devizes, Wiltshire SN10 3PU

**Hope Nature Centre Cafe**  
Enjoy a cream tea in this lovely family friendly setting- new to our list.  
**Date & Time:** 27 June at 3.15pm  
**Venue:** Southwick Country Park, Frome Rd, Southwick, Trowbridge BA14 9QD

**The Green Dragon**  
A stunning traditional coaching inn in lovely Market Lavington – new to our list  
**Date & Time:** 2 July at 2pm  
**Venue:** 28 High St, Market Lavington, SN10 4AG

**Lake Shearwater Tea Rooms**  
A pretty setting for this popular venue and new to our list.  
**Date & Time:** 2 July at 2pm  
**Venue:** Clay St, Crockerton  
Warminster, BA12 8AE

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**HOW TO BOOK**

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

Please let us know if you can no longer attend so that we can give your place to another carer on the waiting list.
Enjoying a complementary therapy can help you relax and have some time just for you. Our sessions are open to males and females of all ages.

Carers can have up to three sessions in a twelve month period, but availability is limited. In order to be fair, priority will be given to those who have not had a therapy before. If you have had sessions in the last twelve months you may initially be placed on a waiting list with appointments offered, subject to availability, nearer the time of the therapy.

Please make the therapist aware if you have a medical condition. Please also note that therapies are not appropriate during the first twelve weeks of pregnancy.

**Corsham**

On offer are: Indian Head Massage, Reflexology or Back & Neck Massage

**Venue:** Equilibrium Natural Health Centre, 23 Leafield Way, Neston, Corsham, SN13 9RS

**Times:** 10:00am – 2:00pm

**Dates:** 29 April, 13 May, 24 June, 15 July, 19 August, 9 September

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**Malmesbury**

On offer are: Indian Head Massage, Reflexology or Back & Neck Massage

**Venue:** Malmesbury Chiropractic Clinic, Cross Hayes, Malmesbury, SN16 9BE

**Times:** 50min/1hr appointments between 10:00am and 2:00pm

**Dates:** 26 April, 17 May, 21 June, 19 July, 16 August, 6 September
**Pewsey**

A range of sessions are available including; Back and Shoulder Massage, Aromatherapy Massage, Pedicure, Manicure and Facial.

**Venue:** The Equilibrium Clinic, Nursery Farm, Woodborough, Pewsey, SN9 5PF

**Times:** Various times available

Please do not contact The Equilibrium Clinic to make bookings – contact CSW directly.

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**Salisbury**

Appointments will be available for Back and Shoulder Massage, Pedicure, and Facials.

**Venue:** Adorn Beauty Salon, 18 North Street, Salisbury, SP2 7SG

**Times:** Various times available

Please do not contact Adorn Beauty Salon to make bookings – contact CSW directly.

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**Semington**

**Venue:** Carer Support Wiltshire, ILC, St George’s Road, Semington, BA14 6JQ

**Times:** 30 minute appointments between 9:30am and 4:00pm

**Dates and therapies:**
- 11 April, 9 May - pedicure
- 6 June, 11 July – facial
- 8 August, 12 September – pedicures

Please do not contact The Equilibrium Clinic to make bookings – contact CSW directly.

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**Warminster**

**Venue:** Warminster Library, Three Horseshoes Walk, Warminster, BA12 9BT

**Times:** 30 minute appointments between 10:00am and 1:00pm

**Dates and therapies:**
- 9 April - Back massage
- 14 May - Reflexology
- 11 June - Back massage
- 9 July - Reflexology
- 13 August - Back massage
- September - tbc

www.carersupportwiltshire.co.uk
If you enjoy reading a good book then this group is for you. Led by carers, it’s a great opportunity to take a break and enjoy a cuppa and a chat.

**Venue:** The Wharf Tearooms, Couch Lane, Devizes SN10 1EB

**Time:** 10:00am – 11:30am

**Dates:** If you are interested please contact us for the next meeting date.

Explore your creative side with our friendly carer groups. No experience needed, just a desire to have fun!

**Venue:** St Pauls Church, Fisherton Street, Salisbury, SP2 7QW

**Time:** 11:00am-2:00pm (tea and coffee supplied but please bring your own lunch)

**Dates:** 8 April, 13 May, 10 June, 8 July, 12 August and 9 September

Explore your creative side with our friendly carer groups. No experience needed, just a desire to have fun!

**Venue:** Chippenham Borough Lands, 32 Market Place, Chippenham, SN15 3HP

**Time:** 10:30am – 1.30pm (tea and coffee supplied but please bring your own lunch)

**Dates:** 26 April, 17 May, 21 June, 19 July, 16 August, 20 September
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 available in Administration, Connecting Communities, Marketing and Promotion and specialist local projects. Contact us on 0800 181 4118 or email volunteer@carersupportwiltshire.co.uk

FREE TRAINING AND EDUCATION

Our carer training and education programme offers FREE courses that will help to support you in your caring role, as well as equip you with new skills for the future. Visit our website to download a full programme or contact us on 0800 181 4118.

KEEP UP TO DATE

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

• Visit our website at www.carersupportwiltshire.co.uk

• Register for our monthly e-newsletter Carers News

• Like and follow us on social media. We’re on Facebook, LinkedIn, Instagram and Twitter.
Not always about caring, our cafes are a great way to make new friends and enjoy a cuppa, cake and a chat with others in relaxed, friendly surroundings.

**Calne**

**Venue:** The Lansdowne Strand Hotel, The Strand, Calne SN11 0EH  
**Time:** 10:30am - 12:00pm  
**Dates:** 24 April, 22 May, 26 June, 24 July, 28 August and 25 September

**Chippenham**

**Venue:** The Angel Hotel, 8 Market Place, Chippenham SN15 3HD  
**Time:** 10:30am - 12:00pm  
**Dates:** 15 April, 20 May, 17 June, 15 July, 19 August and 16 September

**Corsham**

**Venue:** The Methuen Arms, High Street, Corsham, SN13 0HB  
**Time:** 10:30am - 12:00pm  
**Dates:** 17 April, 15 May, 19 June, 17 July, 21 August and 18 September

**Devizes**

**Venue:** The Bear Hotel, Market Place, Devizes SN10 1HS  
**Time:** 10:30am - 12:00pm  
**Dates:** 3 April, 1 May, 5 June, 3 July, 7 August and 4 September
Ludgershall

**Venue:** The Queen’s Head, High Street, Ludgershall, SP11 9PZ  
**Time:** 2:30pm - 4:00pm  
**Dates:** 2 April, 7 May, 4 June, 2 July, 6 August and 3 September

Malmesbury

**Venue:** Malmesbury Abbey café, Gloucester St, Malmesbury SN16 9BA  
**Time:** 10:30am - 12:00pm  
**Dates:** 25 April, 23 May, 27 June, 25 July, 22 August and 26 September

Marlborough

**Venue:** The Coffee Shop, St Peters Church, Marlborough, SN8 1HQ  
**Time:** 10:15am – 11:45am  
**Dates:** 24 April, 29 May, 26 June, 31 July, 28 August and 25 September

Melksham

**Venue:** The Kings Arms, 20 Market Place, Melksham, SN12 6EX  
**Time:** 10:30am - 12:00pm  
**Dates:** 4 April, 2 May, 6 June, 4 July, 1 August and 5 September

Pewsey

**Venue:** Pewsey Country Market, Bouverie Hall, North Street Car Park, Pewsey, SN9 5ES  
**Time:** 9:30am -11:00am  
**Dates:** 23 April, 28 May, 25 June, 23 July, 27 August and 24 September
**Royal Wootton Bassett**

**Venue:** The Angel Hotel, High Street, Royal Wootton Bassett SN4 7AQ  
**Time:** 10:30am - 12:00pm  
**Dates:** 11 April, 9 May, 13 June, 11 July, 8 August and 12 September

**Salisbury**

**Venue:** The Red Lion Hotel, Milford Street, Salisbury SP1 2AN  
**Time:** 10:30am - 12:00pm  
**Dates:** 16 April, 21 May, 18 June, 16 July, 20 August and 17 September

**Salisbury Cathedral**

**Venue:** The Refectory, The Close, Salisbury, SP1 2EJ  
**Time:** 10:30am - 12:00pm  
**Dates:** 6 April, 4 May, 1 June, 6 July, 3 August and 7 September

**Salisbury Medical Practice**  
*(please note this is not a CSW carer café but a CSW volunteer is present)*

**Venue:** Salisbury Medical Practice, Fountain Way, Salisbury SP2 7FD  
**Time:** 10:30am - 12:00pm  
**Date:** 1st Tuesday of the month

**Salisbury District Hospital – Carer Cafe and info point**  
*(please note this is not a CSW carer café but a CSW volunteer is present)*

**Venue:** Springs Restaurant, Salisbury NHS Foundation Trust, Salisbury District Hospital, Salisbury SP2 8BJ  
**Time:** 2:00pm – 4:00pm  
**Date:** Every Thursday
Calne, Malmesbury, Royal Wootton Bassett & Cricklade Area Carer Support Groups

Group Sessions are being arranged in the above areas to give you the carer an opportunity to talk to your local Community Connector/other staff/professionals to find out about the services available to you locally and for you to discuss what you would like to see provided in the future. If you are interested in coming along, please do contact Ashley Harris (Community Connector) via ashley@carersupportwiltshire.co.uk or contact the office on 0800 181 4118 and they will ask Ashley to call you back to discuss further.
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.

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<thead>
<tr>
<th>Chippenham</th>
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<tbody>
<tr>
<td><strong>Venue:</strong> Chippenham Methodist Church, Audley Road, Chippenham, SN14 0DU</td>
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<td><strong>Time:</strong> 2:30pm – 4:30pm</td>
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<td><strong>Dates:</strong> April 4 – Annie Clayton from Alzheimer’s Support</td>
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<td>May 2 – Richard Matthews on the work of Trading Standards</td>
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<td>June 6 – Will Todd from The Wiltshire Bobby Van Trust</td>
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<td>July 4 – TBC</td>
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<td>August 1 – Lee Benke, volunteer walk leader from Get Wiltshire Walking</td>
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<td>September 5 – TBC</td>
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<th>Devizes</th>
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<tr>
<td><strong>Venue:</strong> The Bear Hotel, Market Place, Devizes, SN10 1HS</td>
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<td><strong>Time:</strong> 10:30am – 12:30pm</td>
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<tr>
<td><strong>Dates:</strong> 16 April - Rosie Golding from Get Wiltshire Walking</td>
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<td>21 May - Tess Atkin and Dave Thomas from Fun 4 All</td>
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<td>18 June - TBC</td>
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<td>16 July - Talk from Wiltshire Council Shared Lives service</td>
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<td>20 August and 17th September - TBC</td>
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### Salisbury

**Venue:** Carer Support Wiltshire, 15 New Street, Salisbury, SP1 2PH  
**Time:** 10:30am – 12:30pm  
**Dates:** 24 April – Talk from the National Autistic Society  
29 May – Talk from the Bobby Van Trust  
26 June – Health Trainer on hand for advice and info  
31 July – TBC  
25 September – Talk from Alzheimer’s Support

### Trowbridge

**Venue:** Palmer Gardens Centre, Islington, Trowbridge, BA14 8QJ  
**Time:** 2:00pm - 4:00pm  
**Dates:** 17 April – Janey from the Independent Living Centre in Semington  
15 May – Ann Orr, Co-Op Estate Planning (legal talk)  
19 June – Julia Winborn from C.A.B. Carer’s Project  
17 July – Simon Foreman, Financial Planner, Chilvester  
21 August – Julie Brown from Healthwatch  
18 September – Helen Gough, Health & Communities Engagement Worker, Carer Support Wiltshire

### Warminster

**Venue:** The Old Bell Inn, 42 Market Pl, Warminster, BA12 9AN  
**Time:** 2:00pm - 4:00pm  
**Dates:** 9 April – Simon Foreman, Financial Planner, Chilvester  
14 May – Helen Gough, Health & Communities Engagement Worker from Carer Support Wiltshire  
11 June – Carers Week activities  
9 July, 13 August and  
10 September – TBC
Support groups for people who are caring for a child or young adult. Come along to share useful information and experiences with other parent carers.

**Trowbridge**

**Venue:** Palmer Gardens Centre, Islington, Trowbridge, BA14 8QJ  
**Time:** 10:00am – 12:00pm  
**Dates:** 14 May – speaker Elaine (Wiltshire Parent Carer Council)  
16 July – speaker Stephanie Davis WISA (Wiltshire Independent Support & Advice)  
10 September – speaker Helen Gough, Carer Support Wiltshire

**Westbury**

This is an independent parent carer group and does not have a CSW support worker present. For more information please email: starcarerpainter@outlook.com

Are you caring for someone who has mental health problems? These support groups offer advice and support in a friendly, safe environment.

**Devizes (Wiltshire Mind Group)**

**Venue:** The Bear Hotel, Market Place, Devizes SN10 1HS  
**Time:** 10:30 – 12:30pm  
**Dates:** 9 April, 14 May, 11 June, 9 July, 13 August, 10 September

**Chippenham (Wiltshire Mind Group)**

**Venue:** Chippenham Methodist Church, Audley Road, Chippenham, SN14 0DU  
**Time:** 10:30am – 12:30pm  
**Dates:** 10 April, 8 May, 12 June, 10 July, 14 August, 11 September
USEFUL INFO AND NUMBERS

- Visit www.yourcareyoursupportwiltshire.org.uk for a directory of support services
- Wiltshire Parent Carer Council - 01225 764647
- Wiltshire Independent Support and Advice - 01380 813393
- The Carers Project - 01249 474064
- Alzheimer’s Support - 01225 776481
- Age UK Devizes - 01380 735500, Salisbury - 01722 335425
- Citizens Advice Bureau - 03444 111444
- Parkinson’s UK - 0808 8000303
- Wiltshire Council Adult Care Team - 0300 456 0111
- Independent Living Centre - 01380 871007
- Stroke Association Wiltshire - 01722 329053
- Wiltshire Independent Advocacy Service - 01225 709549
- seAP Independent and confidential advocacy services - 0330 440 9000
- OPG Information on lasting power of attorney - 0300 456 0300
- Wiltshire Centre for Independent Living (CIL) - 0300 123 3442

You can contact CSW on Freephone: 0800 181 4118
Visit: www.carersupportwiltshire.co.uk