



**Carer Support  
Wiltshire**

## WHAT'S INSIDE?

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- Hobby & Interest Groups
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- Carers Cafés



# What's On Guide

**Groups & Events**

**October 2019 - March 2020**

# HELLO

We hope you find something to enjoy among the outings we have put together for the next few months. We've added some new activities based on feedback from you which we hope you'll enjoy. So whether it's a trip to the panto (oh no it isn't!), a Christmas Lunch or a magical mystery tour, make sure you book early. And if you can't make it please let us know 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](mailto:admin@carersupportwiltshire.co.uk) or call 0800 181 4118.

**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.**

**For up-to-date information please visit our website [www.carersupportwiltshire.co.uk/whats-on](http://www.carersupportwiltshire.co.uk/whats-on)**

## 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](mailto:admin@carersupportwiltshire.co.uk) or call us on 0800 181 4118.

We will also soon be offering monthly email events listings. If you'd like to sign up for those please let our admin team know.



# HOW TO BOOK

To book a place on one of our outings or a pamper session please either email **admin@carersupportwiltshire.co.uk** or call **0800 181 4118**.

Please let us know if you can no longer attend so that we can give your place to another carer on the waiting list.



# DAYS OUT

## Christmas Panto

### Salisbury Playhouse – Robin Hood

Join Robin and his merry band for a fantastic adventure this Christmas. With all the elements of a traditional pantomime – comedy, dance, audience participation, fantastic sets – and familiar songs, you won't want to miss this year's Playhouse extravaganza.

**Date:** TBC. Please keep an eye out on our website & social media

**Time:** 7:00pm

**Venue:** Salisbury Playhouse, Malthouse Lane, Salisbury, SP2 7RA

### Wyvern Theatre – Sleeping Beauty

When a beautiful Princess is given a sixteenth birthday present by her evil godmother she is placed under a cruel curse and forced to sleep for 100 years. Can true love survive and the handsome Prince Charming break the spell? Can the Princess' friends help save her and who will outwit the evil Enchantress and foil her wicked plans? With star casting, magic, music, comedy and plenty of concessionary rates available, don't snooze, make Sleeping Beauty the pantomime of your dreams.

**Date & time:** 7:00pm, Friday 6 December 2019

**Venue:** Wyvern Theatre, Theatre Square, Swindon, SN1 1QN

## Christmas Lunch

Join us for one of our popular festive lunches. To book a provisional place please call us on **0800 181 4118** or email **admin@carersupportwiltshire.co.uk**.

To confirm your place we will require a £10.00 deposit by cheque made payable to Carer Support Wiltshire by the 31 October.

### **The Angel Hotel, Chippenham**

**Date & time:**

12:30pm, Monday  
9 December

**Venue:** The Angel  
Hotel, 8 Market  
Place, Chippenham,  
SN15 3HD

### **The Red Lion Hotel, Salisbury**

**Date & time:** 12:30pm,  
Wednesday 11 December

**Venue:** The Red Lion Hotel, Milford Street,  
Salisbury, SP1 2AN

### **Bishopstrow Hotel, Warminster**

**Date & time:** 12:30pm, Wednesday 11 December

**Venue:** Boreham Road, Warminster, BA12 9HH

### **Palmers Garden Centre, Trowbridge**

**Date & time:** 12:30pm, Thursday 12 December

**Venue:** Palmers Garden Centre, Islington, Trowbridge, BA14 8QJ



## The magic of the movies

Join us for a trip to the cinema. Each film evening consists of a main feature film, trailer for the next film and 1 or 2 short comedy films from around the world. There is a fully licensed bar and tea & coffee available before the film and during the interval.

**Dates:** 2 October; 6 November; 8 January; 5 February; 4 March

**Time:** 6:45pm

**Venue:** Woolstore Theatre, Codford, Warminster, BA12 0NE

## Mystery tour – coach trip!

Why not embrace your sense of adventure and join us on a mystery coach tour. Even we don't know where it's going!

**Dates:** 27 October

**Time:** TBC



# COMPLEMENTARY THERAPIES



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. We now offer an increased number of vouchers for pampering which we hope will give you greater choice.

Carers registered with us 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. Please do not contact the therapist directly, please contact Carer Support Wiltshire.**

## Amesbury

On offer are: back and shoulder massage

**Venue:** Karen Scott

**Dates & times:** various times available. Please contact us to make your booking. Do not contact the clinic directly.

## Bradford-on-Avon

A range of treatments are on offer incl: pedicure, manicure and facial

**Venue:** Anne Watson

**Dates & times:** various times available. Please contact us to make your booking. Do not contact the clinic directly.

## Corsham

A range of treatments are on offer incl: Indian head massage, reflexology, back and neck massage.

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

**Times:** 50-60 minute appointments between 10:00am – 2:00pm. Please contact us to make your booking. Do not contact the clinic directly.

**Dates:** 14 October, 25 November, 16 December, 20 January, 24 February, 23 March

## Malmesbury

A range of treatments are on offer incl: Indian head massage, reflexology, back and neck massage.

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

**Times:** 50-60 minute appointments between 10:00am – 2:00pm. Please contact us to make your booking. Do not contact the clinic directly.

**Dates:** 18 October, 29 November, 13 December, 17 January, 28 February, 20 March

## Pewsey

A range of treatments are on offer incl: back and shoulder massage, aromatherapy massage, pedicure, manicure and facial.

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

**Dates & times:** various times available. Please contact us to make your booking. Do not contact the clinic directly.

## Salisbury

A range of treatments are on offer incl: back and shoulder massage, pedicure and facial.

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

**Dates & times:** various times available. Please contact us to make your booking. Do not contact the clinic directly.

## Hilperton, Trowbridge

A range of treatments are on offer incl: back and shoulder massage, aromatherapy massage

**Venue:** Karen Newton

**Dates & times:** various times available.  
Please contact us to make your booking.  
Do not contact the clinic directly.



## Warminster

On offer are: back and shoulder massage, reflexology

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

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

**Dates:** Back and shoulder massage – 8 October, 10 December, 11 February  
Reflexology – 12 October, 14 January, 10 March

## HOBBY GROUPS AND ACTIVITIES



### Book club

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.



## Creative Carers

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

### Chippenham

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

**Time:** 10:30am – 1:30pm

**Dates:** 18 October, 15 November, 20 December, 17 January, 21 February, 20 March

### Salisbury

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

**Time:** 11:00am – 2:00pm

**Dates:** 7 October, 4 November, 2 December, 6 January, 3 February, 2 March

### Warminster NEW

**Venue:**

Warminster  
Library, Three  
Horseshoes Walk,  
Warminster,  
BA12 9BT

**Time:** 2:00pm –  
4:00pm

**Dates:** 4th Thursday  
of each month  
(except December  
when 2nd Thursday)



# 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 NEW**

**Venue:** Evergreen Court Cafe, Archers Gate, Amesbury, SP4 7YT

**Time:** 2:00pm – 3:30pm

**Dates:** 2nd Friday of the month

## **Bradford on Avon NEW**

**Venue:** The Swan Hotel, 1 Church Street, Bradford-on-Avon, Wiltshire, BA15 1LN

**Time:** 10:00am – 11:30am

**Dates:** 1st Tuesday of the month

## **Calne**

**Venue:** The Lansdowne Strand Hotel, The Strand, Calne, SN11 0EH

**Time:** 10:30am – 12:00pm

**Dates:** 4th Wednesday of the month (no café in December)

## **Chippenham**

**Venue:** The Angel Hotel, 8 Market Place, Chippenham, SN15 3HD

**Time:** 10:30am – 12:00pm

**Dates:** 3rd Monday of the month (no café in December)

## **Chippenham Community Hospital**

(please note this is not a CSW carer café but a CSW volunteer is present)

**Venue:** Grapes Café, Chippenham Community Hospital, Rowden Hill, Chippenham, SN15 2AJ

**Time:** 2:00pm – 3:30pm

**Dates:** Last Tuesday of the month

## **Corsham**

**Venue:** The Methuen Arms, High Street, Corsham, SN13 0HB

**Time:** 10:30am – 12:00pm

**Dates:** 3rd Wednesday of the month (no café in December)

## **Devizes**

**Venue:** The Bear Hotel, Market Place, Devizes, SN10 1HS

**Time:** 10:30am – 12:00pm

**Dates:** 1st Wednesday of the month

## **Ludgershall**

**Venue:** The Queen's Head, High Street, Ludgershall, SP11 9PZ

**Time:** 10:30am – 12:00pm

**Dates:** 1st Tuesday of the month (no café in December)

## **Malmesbury**

**Venue:** Malmesbury Abbey Café, Gloucester St, Malmesbury, SN16 9BA

**Time:** 10:30am – 12:00pm

**Dates:** 4th Thursday of the month (no café in December)

## **Marlborough**

**Venue:** The Coffee Shop, St Peters Church, Marlborough, SN8 1HQ

**Time:** 10:30am – 12:00pm

**Dates:** Last Wednesday of the month (no café in December)

## **Marlborough – Savernake Community Hospital**

(please note this is not a CSW carer café but a CSW volunteer is present)

**Venue:** Savernake Community Hospital, London Road, Marlborough, SN8 3HL

**Time:** 2:00pm – 3:30pm

**Dates:** 2nd Tuesday of the month

There is a free minibus shuttle available from Marlborough Town Football Club car park. A map and directions are available from the hospital.

## **Melksham**

**Venue:** The Kings Arms, 20 Market Place, Melksham, SN12 6EX

**Time:** 10:30am – 12:00pm

**Dates:** 1st Thursday of the month (no café in December)

## **Pewsey**

**Venue:** Pewsey Country Market, Bouverie Hall, North Street Car park, Pewsey, SN9 5ES

**Time:** 9:30am – 11:00am

**Dates:** 4th Tuesday of the month (no café in December)

## **Royal Wootton Bassett**

**Venue:** The Angel Hotel, High Street, Royal Wootton Bassett, SN4 7AQ

**Time:** 10:30am – 12:00pm

**Dates:** 2nd Thursday of the month

## **Salisbury**

**Venue:** The Red Lion Hotel, Milford Street, Salisbury, SP1 2AN

**Time:** 10:30am – 12:00pm

**Dates:** 3rd Tuesday of the month (no café in December)



## **Salisbury Cathedral**

**Venue:** The Refectory, The Close, Salisbury, SP1 2EJ

**Time:** 10:30am – 12:00pm

**Dates:** 1st Saturday of the month

## **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

**Dates:** 1st Tuesday of the month

## **Salisbury District Hospital – carer café and info point**

(please note this is not a CSW carer café but a CSW volunteer is present)

**Venue:** Springs Restaurant, Salisbury District Hospital, Salisbury, SP2 8BJ

**Time:** 2:00pm – 4:00pm

**Dates:** Every Thursday

## **Swindon - Great Western Hospital**

**Venue:** Refresh Restaurant, GWH, Marlborough Road, Swindon, SN3 6BB

**Time:** 2:00pm – 3:30pm

**Dates:** Every Wednesday

## **Tidworth**

**Venue:** St Andrews Hall, Avon Road, Tidworth SP9 7RR

**Time:** 10:00 – 12:30

**Dates:** 3rd Thursday of the month

## **Tisbury**

**Venue:** Beatons Tea Rooms, The Square, Tisbury, SP3 6JP

**Time:** 10:30am – 12:00pm

**Dates:** 3rd Tuesday of the month

## Trowbridge

**Venue:** Palmers Garden Café, Islington, Trowbridge, BA14 8QJ

**Time:** 2:00pm – 3:30pm

**Dates:** 1st Monday of the month



## Warminster

**Venue:** The Old Bell Inn, 42 Market Place, Warminster, BA12 9AN

**Time:** 2:00pm – 3:30pm

**Dates:** Last Tuesday of the month (no café in December)

## Warminster Community Hospital

(please note this is not a CSW carer café but a CSW volunteer is present)

**Venue:** The Day Room, Warminster Community Hospital, The Avenue, Warminster, BA12 8QS

**Time:** 2:00pm – 3:30pm

**Dates:** Last Wednesday of the month



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.



## Chippenham

**Venue:** Sheldon Road Methodist Church, The Beacon Centre, Audley Road, Chippenham, SN14 0DU

**Time:** 2:30pm - 4:30pm

### **Dates & speakers:**

3 October - Emma Dowie, Swan Advocacy

7 November - Healthwatch

5 December - TBC

No group in January

6 February - Ann Orr, Co-Op estate planning

5 March - TBC

## Devizes

**Venue:** The Bear Hotel, Market Place, Devizes, SN10 1HS

**Time:** 10:30am - 12:00pm

### **Dates & speakers:**

15 October - William Todd, Wiltshire Bobby Van Trust

19 November - Julia Wimborn, The Carer's Project

17 December - Wiltshire MIND video presentation (no speaker)

21 January - TBC

18 February - TBC

17 March - TBC

## Salisbury

**Venue:** Carer Support Wiltshire, 15 New Street, Salisbury, SP1 2PH

**Time:** 10:30am - 12:30pm

### **Dates & speakers:**

30 October - Emma Harper, Mencap

27 November - Hannah Bush, Swan Advocacy

18 December - Laura Knight, Alabare

29 January - Pip Loach, Local Area Coordinator, Wiltshire Council

26 February - Laura Coleman, Stroke Association

25 March - Get Wiltshire Walking

## Trowbridge

**Venue:** Palmers Garden Centre, Islington, Trowbridge, BA14 8QJ

**Time:** 2:00pm - 4:00pm

### **Dates & speakers:**

16 October - Gemma Novis, Local Area Coordinator, Wiltshire Council

20 November - Louise Gale, Get Wiltshire Walking

18 December - Emma Carroll, Wiltshire Trading Standards

15 January - Terrick Meakin, Trowbridge Camera Club

19 February - Wiltshire Bobby Van Trust

18 March - Soundwell Music Therapy

## Warminster

**Venue:** The Old Bell Inn, 42 Market Place, Warminster, BA12 9AN

**Time:** 2:00pm - 4:00pm

### **Dates & speakers:**

8 October - Richard Matthews, Wilshire Trading Standards

12 November - Will Todd, Wiltshire Bobby Van Trust

10 December - Christina Bosley on Mindfulness

14 January - Julie Brown, Engagement Lead, Healthwatch

11 February - Mental health for carers

10 March - TBC

## Calne, Malmesbury, RWB & Cricklade areas

If you would be interested in attending a monthly carer support group in one of these areas please contact Ashley Harris (Community Connector) via email [ashley@carersupportwiltshire.co.uk](mailto:ashley@carersupportwiltshire.co.uk) or by calling **0800 181 4118**.

## BEREAVEMENT SUPPORT GROUP—NEW

Join us for a new Comfort in Companionship Bereavement Group, Wednesdays, once a month. The group will give you an opportunity to talk to your local Community Connector/other staff/professionals, connect with others and plan/participate in social activities. If you are interested in coming along, please do contact Alison Millar, Community Connector via [alisonm@carersupportwiltshire.co.uk](mailto:alisonm@carersupportwiltshire.co.uk) or contact the office on **0800 181 4118** and they will ask Alison to call you back to discuss further.

**Venue:** Goodson Lodge Care Centre, Hilperton Road, Trowbridge, BA14 7JG

**Time:** 10:30am - 12:30pm

**Dates:** 16 October, 20 November, 18 December, 15 January,  
19 February, 18 March





# PARENT CARER GROUPS

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 & speakers:**

17 October - First Aid training (NB not a Thursday due to trainer availability)

12 November - Gemma Novis, Local Area Coordinator, Wiltshire Council

10 December - Helen Gough, Health & Communities Engagement  
Worker, CSW

14 January - Ian Withers, Transition Assessment Worker, CSW

11 February - Andrea James, Young Adult Carer Support Worker, CSW

10 March - Building Bridges

## **Westbury**

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

**[team.westburyparentcarers@hotmail.com](mailto:team.westburyparentcarers@hotmail.com)**

# MENTAL HEALTH CARER GROUP – DEVIZES

Are you caring for someone who has mental health problems? This support group, run by Wiltshire Mind, offers advice and support in a friendly, safe environment.

**Venue:** The Bear Hotel, Market Place, Devizes, SN10 1HS

**Time:** 10:30am – 12:30pm

**Dates:** 8 October, 12 November, 10 December, 7 January, 11 February,  
10 March

# 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 specialist local projects.

Contact us on **0800 181 4118** or email **[volunteer@carersupportwiltshire.co.uk](mailto: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 **[www.carersupportwiltshire.co.uk/resource-centre/training-and-education/](http://www.carersupportwiltshire.co.uk/resource-centre/training-and-education/)** 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](http://www.carersupportwiltshire.co.uk)**
- Subscribe to our monthly email newsletter
- Subscribe to our NEW monthly events email
- Follow us on social media. We're on Facebook, Twitter, Instagram and LinkedIn



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

## CARER INVOLVEMENT

**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](mailto:volunteer@carersupportwiltshire.co.uk)**



# USEFUL INFO AND NUMBERS

- Visit [www.yourcareyoursupportwiltshire.org.uk](http://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



**Carer Support  
Wiltshire**

**You can contact CSW on Freephone: 0800 181 4118**  
**Visit: [www.carersupportwiltshire.co.uk](http://www.carersupportwiltshire.co.uk)**