

What's On Guide and Newsletter

October 2023 - March 2024

What's inside?

- Hobby and interest groups
- Carer cafes
- Free training
- Carers Rights Day information event
- Christmas events



Young carers enjoy a forest
school activity in Trowbridge
over the summer holidays



Carer Support
Wiltshire



A hello from our **Chief Executive**

Welcome to our What's On guide, which covers the events and activities Carer Support Wiltshire are running over the next six months. We have listed all the times and dates of our carer cafes, which are free for carers to attend. There's no obligation to be on time for these or stay for the whole session. Do just pop in for a cuppa and cake and a chat with one of our trained volunteers and with other carers. There are many other things going on too, from parent carer groups and creative sessions to young adult carer cafes and special Christmas events.

Enclosed in addition to this guide is a questionnaire and we would really appreciate you taking the time to complete it. This survey will help to steer our services over the coming years as Carer Support Wiltshire continues to aim to be the best carer organisation that it can be for unpaid carers. We would love to hear what you need from us and what we could be doing more and perhaps less of.

As always, all information was correct at the time of going to print but more may be added to the schedule over the next six months which you'll find on our website at carersupportwiltshire.co.uk. Or you can phone us if that's easier – our team are always happy to take your call.

With best wishes

Leanne
Chief Executive,
Carer Support Wiltshire and Dorset

Send us your feedback

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

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 and venues 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

Keep up to date

For resources, news and up-to-date information about 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 and LinkedIn



Free massages in Amesbury and Chippenham

Two businesses are kindly offering free massages to unpaid carers. If you live in the Amesbury or Chippenham areas and would like the opportunity to take advantage of this offer, please contact us. Numbers are limited so we will choose someone at random each month to receive a massage.

Athula Holistic Therapies at Centre Stage Hair & Beauty Salon, High Street, Chippenham are offering a free 30-minute Indian head massage or back massage.

Strength Led Fitness at Amesbury House of Perfection, 3 Kingsway House, Smithfield Street, Amesbury are offering a 60-minute massage appointment each month.

Carers can choose from: sports massage, deep tissue massage, hot stones relaxation massage, hot (and cold) stone remedial massage, cupping, and instrument-assisted soft tissue manipulation.

Free storage in Chippenham

Cinch Self-Storage in Chippenham would like to give back to carers in the community. Their manager Andrew Stockinger has personal experience of caring for a loved one and moving all their belongings and would like to offer practical help to people who may have to move a loved one out of a property but may struggle to pay for storing their belongings.

They are offering two rooms of storage spaces – one 70sqft and one 94 sqft – and the cost would be for insurance only, which starts at £8 per week for £8,000 of new for old cover. If you would be interested in taking up this offer, please contact us.

Hobby groups and activities

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

Creative carers

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

Chippenham

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

Time: 11.30am – 1.30pm

Dates: 20 October, 17 November, 15 December, 19 January, 16 February, 15 March

Salisbury

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

Time: 11.00am – 2.00pm

Dates: 2 October, 6 November, 4 December, 8 January, 5 February, 4 March



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: 4 October, 1 November, 6 December, 3 January, 7 February, 6 March

Bradford on Avon

Venue: Olea Mediterranean, 12 Bridge Yard, Bradford on Avon, BA15 1EJ

Time: 10:30am – 12.00pm

Dates: 26 October, 23 November, 21 December, 25 January, 22 February, 13 March

Kindly funded by Limpley Stoke Parish Council and Bradford on Avon Town Council

Broadchalke

Venue: The Hub, High Road, Broadchalke, SP5 5EH

Time: 2.00pm – 4.00pm

Dates: 11 October, 8 November, 13 December, 10 January, 14 February, 13 March

Calne

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

Time: 10:30am – 12:00pm

Dates: 10 October, 14 November, 12 December, 9 January, 13 February, 12 March

Kindly funded by Calne Town Council and Calne Area Board

Chippenham

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

Time: 10:30am – 12:00pm

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

Corsham

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

Time: 10:30am – 12:00pm

Dates: 19 October, 16 November, 21 December, 18 January, 15 February, 21 March

Kindly funded by Corsham Town Council and Co-op Local Causes

Corsham

Venue: Dandelion Coffee House, Portal Avenue, Corsham SN13 0LQ

Time: 10.30am – 12.00pm

Dates: 26 October, 23 November, 21 December, 25 January, 22 February, 28 March

Devizes

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

Time: 10:30am – 12.00pm

Dates: 4 October, 1 November, 6 December, 3 January, 7 February, 6 March

Ludgershall

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

Time: 3.00pm – 4.30pm

Dates: 3 October, 7 November, 5 December, 2 January, 6 February, 5 March

Kindly funded by Ludgershall Town Council and Wiltshire Community Foundation

Malmesbury

Venue: Malmesbury Abbey Cafe, Gloucester Street, Malmesbury, SN16 9BA

Time: 10.30am – 12.00pm

Dates: 26 October, 23 November, 21 December, 25 January, 22 February, 28 March

Kindly funded by St Paul Malmesbury Without Parish Council, Co-op Local Causes and Malmesbury Area Board

Marlborough

Venue: The Jubilee Centre, 28 High Street, Marlborough, SN8 1LW

Time: 10:30am – 12:00pm

Dates: 24 October, 28 November, 19 December, 23 January, 27 February, 26 March

Melksham

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

Time: 10:30am – 12:00pm

Dates: 5 October, 2 November, 7 December, 4 January, 1 February, 7 March

Kindly funded by Melksham Almshouse and Melksham Area Board

Mere

Venue: Angel Corner Tea Rooms, Angel Lane, Mere, BA12 6DH

Time: 2.30pm – 4.00pm

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

Kindly funded by Wiltshire Community Foundation

Pewsey

Venue: Pewsey Methodist Church, Royal Oak, 35 North Street, Pewsey, SN9 5ES

Time: 10.30am – 12.00pm

Dates: 3 October, 7 November, 5 December, 2 January, 6 February, 15 March

Salisbury

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

Time: 10:30am – 12:00pm

Dates: 17 October, 21 November, 19 December, 16 January, 20 February, 19 March

Kindly funded by Tesco Community Grants

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

Tisbury

Venue: Beatons Tearooms, The Square, High Street, Tisbury, SP3 6JP

Time: 10:30am – 12:00pm

Dates: 24 October, 28 November, 19 December, 23 January, 27 February, 26 March

Kindly funded by Wiltshire Community Foundation

Trowbridge

New venue to be confirmed. Please check our website or call our business support team

Warminster

Venue: Old Bell Hotel, 42 Market Place, Warminster, BA12 9AN

Time: 2:00pm – 3:30pm

Dates: 31 October, 28 November, 19 December, 30 January, 27 February, 26 March

Kindly funded by Warminster Watrose Council, Hammingham Parish Council and Longbridge Devrell Parish Council

Westbury

Venue: Westbury Methodist Church, Station Road, Westbury, BA13 3JL

Time: 2.00pm – 3.30pm

Dates: 9 October, 13 November, 11 December, 8 January, 12 February, 11 March

Young adult carer cafes

We hold regular young adult carer cafes in various locations in Chippenham, Salisbury and Trowbridge.

These events provide a friendly and relaxed environment for carers aged 16-25 years to:

- Have a drink and a slice of cake
- Meet up, make friends and share experiences
- Take part in various creative activities
- Talk about key topics and themes, such as education and health and wellbeing.

To attend these cafes and receive further information, young adult carers need to be registered with us to 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: 12 October, 26 October, 9 November, 23 November, 7 December, 21 December, 4 January, 18 January, 1 February, 15 February, 29 February, 14 March, 28 March

Parent carer group

This is a 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:

20 September – Lauren Martin, LDA service at Wiltshire Council

18 October – Vicki Brightwell, Thera

15 November – Joe Turner-McMullan, Wiltshire Local Offer

20 December – Christmas activities

17 January – Louise, WSUN

14 February – TBC

19 March - TBC

If you are a working parent carer or find it difficult to travel to the face-to-face support group, why not access our virtual parent carer evening group? This group meets on the first Wednesday evening of the month at 7.30pm.

To join please email our admin team at admin@carersupportwiltshire.co.uk or call **0800 181 4118** and they will send you the Microsoft Teams link to join.

Time: 7.30pm – 8.30pm

Dates: 6 September, 4 October, 1 November, 6 December, 3 January, 7 February, 6 March

Changes to our support groups

Based on feedback from carers we have decided to review what we offer through our support groups. To help us do this we will be taking a break from the groups from October. We will have a new programme of information and guidance activities from January 2024.

In the meantime, we will be piloting a new format during November. These will focus on three topics: new to caring, carer wellbeing, and end of caring and bereavement. If you would be interested in attending any of these sessions, please contact us to register your interest. We will then be in touch with details. You can also let us know the sort of support you would find most helpful by completing the enclosed questionnaire.

Bereavement help points

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.

Devizes

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

Time: 10.30am - 12.00pm

Dates: 1st and 3rd Tuesday of each month

This group is kindly funded by Devizes Town Council, Devizes Lions, Potterne Parish Council, Worton Parish Council. Run in partnership with Dorothy House Hospice

Malmesbury

Venue: Kings Arms, 29 High Street, Malmesbury, SN16 9AA

Time: 2.00pm – 4.00pm

Dates: Every Monday

Marlborough

Venue: Castle & Ball Pub, High Street, Marlborough, SN8 1LZ

Time: 2.00pm – 3.30pm

Dates: Last Thursday of every month

Run in partnership with Prospect Hospice

Calne (please note this is not a CSW group)

Venue: The Harris Room, Calne Library, The Strand, Calne, SN11 0JU

Time: 11:30am-12:30pm

Dates: 3rd Thursday of each month.

Chippenham

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

Time: 10.00am – 12.00pm

Dates: 2nd and 4th Wednesday of each month.

Run in partnership with Dorothy House Hospice

Corsham

Venue: Three Brewers, 51 Priory Street, Corsham, SN13 0AS

Time: 1.30pm – 3.30pm

Dates: 2nd and 4th Thursday of each month

Run in partnership with Dorothy House Hospice



Lantern making and parade in Devizes

Carer Support Wiltshire in conjunction with Devizes Outdoor Celebratory Arts is running a lantern-making workshop for unpaid carers on 8 November at the Parish Rooms. You're also welcome to join us and display your lantern at the lantern parade and Christmas light switch-on taking place at the end of November. Contact fundraising@carersupportwiltshire.co.uk to book your workshop place.



Fish and Chip Fridays at Goodson Lodge

Goodson Lodge in Trowbridge have started holding a weekly Fish and Chip Friday between 12.30pm – 1.30pm. Enjoy a delicious fish and chip lunch, drink and dessert for £5 per person. Booking is essential – call 01225 282000 to book.

Training for carers

Training can help you to develop skills and confidence to help you care for someone, including safely moving the person you care for, managing someone else's finances, IT skills and first aid.

We can help you to find free training in subjects you are interested in learning about. Below are some upcoming sessions and workshops you may be interested in. You can also call us on **0800 181 4118** if you're looking for training that's not listed below.

Manual handling

This session focuses on manual handling and covers practical and theory-based elements of manual handling and moving people.

Venue: Online
Time: 1:30pm-2:30pm
Date: 16 October

Venue: Springfield Community Campus, Methuen Room
Time: 10:00am-11:00am
Date: 26 October

Safeguarding yourself

This session focuses on safeguarding yourself – keeping yourself safe and making choices that protect you. For example, concerning financial abuse and power of attorney.

Venue: Springfield Community Campus, Methuen Room
Time: 11:00am-12:00pm
Date: 26 October

Understanding autism

Build an awareness of autism spectrum conditions and understanding of why an individual might behave in a certain way in this session.

Venue: Springfield Community Campus, Methuen Room
Time: 12:00pm-1:00pm
Date: 26 October

Support and awareness for caregivers

Venue: Online
Time: 4:30pm - 5:30pm
Date: 6 week course – 13, 14, 15, 16, 17 & 20 November

This free online caregiver course from Wiltshire Training (part of Wiltshire Council) focuses on the basic legal and ethical issues of providing care and will help you to develop your knowledge and skills further when caring for someone at home. The course is set over six one-hour sessions which cover: caring in an individual's home, dementia awareness, autism and communication, assessing care needs, looking after your own wellbeing and safeguarding yourself.

Call us to register, or you can register yourself online at eventbrite.co.uk/e/online-support-and-awareness-for-care-givers-course-nov-1630-1730-tickets-494973598357?aff=ebsdoporgprofile

Care certificate training

Wiltshire Council is offering care certificate training to anyone considering a career in social care. This training is an independent learning platform with a variety of standards to complete in your own time and is designed for anyone working or looking to work in social care, giving the basics for this role. Once completed you will receive a certificate which can be used when applying for any social care job.

Open to 16yrs+. Applications will close in October 2023 and re-open at the start of 2024.

Reeds Construction train for 3 Peaks challenge to raise money for young carers

Wiltshire company Reeds Construction has chosen Carer Support Wiltshire as their charity of the year and a group of staff members and family are currently training hard for a fundraising challenge in aid of young carers.

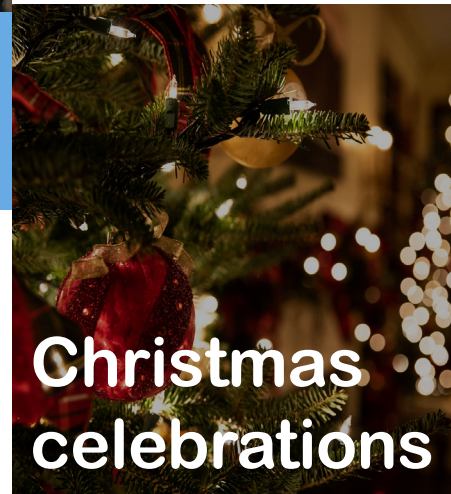
They will be climbing the tallest mountains in Scotland, England and Wales; Ben Nevis, Scafell Pike and Snowdon. If you know of a local business interested in supporting unpaid carers - in any small (or big!) way - please contact our fundraising team at fundraising@carersupportwiltshire.co.uk

Carers Rights Day

Carers Rights Day is an annual national awareness day that was set up to raise knowledge about the rights that unpaid carers have.

This year Carer Support Wiltshire will be holding a Carers Rights information event on 21 November, 10:00am-6:00pm at

Trowbridge Civic Centre. There will be information stalls to browse as well as a programme of speakers covering topics important for carers, such as Power of Attorney, benefits and finances, career advice and emergency first aid. Contact us to register your interest.



Christmas celebrations

You're invited to one of our Christmas celebrations, to talk to Carer Support Wiltshire staff and other carers and enjoy a mince pie and more! We are hosting an adult event and one for families. Contact us to reserve your place.

Christmas event for carers

Venue: Ox Row Inn, Salisbury
Time: 2:30pm – 4:00pm
Date: 14 December

Join us for tea, coffee or mulled wine, mince pies and some carol singing.

Family Christmas event – young carers, parent carers and carers and their families all welcome

Venue: The Canberra Centre, 56a Spa Road, Melksham, SN12 7NY
Time: 4:30pm - 6:30pm
Date: 15 December

We'll have refreshments and fun Christmas-themed activities for the whole family.

Hospital liaison service

If the person you care for is in hospital you can contact our hospital liaison team for support. We can help with any questions you have, including about the discharge process, and with making sure the support you need is there for when the person you care for comes home. Call us on 0800 368 7579 to speak to a member of the team.

School holiday activities for young carers

During the October and February half terms we will have a schedule of activities for young carers to attend to give them the opportunity to take a break, learn something new and meet other young carers. Check our website or call/email us for details.



New young carer magazine

We have a new magazine for young carers called Empower which will be going out every three months to young carers who are registered with us. The magazine contains useful information for young

carers, tips on how to deal with things and activities such as colouring in. The first issue also introduces our young carer team. Look out for the next one in November.

If you have a young person in your family who is helping to care for someone and isn't currently registered with us, contact us to find out how they can register with us.



The Big Give

Between 28 November and 5 December we'll be taking part in The Big Give match funder campaign. This fabulous charity event means that we can double – at no extra cost – any donation we receive during

this time. At the time of going to print, our fundraising page isn't live. But if you are interested in making a donation to help unpaid carers and would like it to be doubled, please email us at fundraising@carersupportwiltshire.co.uk and we will send you the link as soon as it's live on BigGive.org.

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