

Newsletter for Carers Jan—Mar 2019

Welcome to our newsletter for carers—we hope that you find it useful. If you would like to see anything else included please let us know.

What have we been up to?

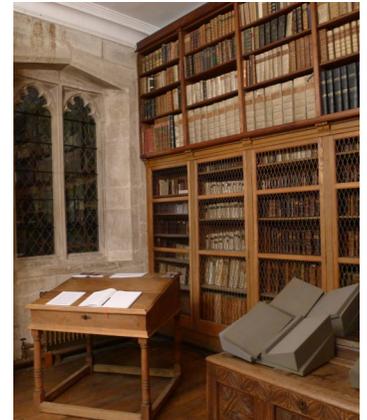
Our regular coffee mornings in St Thomas's Church are always well attended. Come along for coffee and cake, and to chat with other carers, and the Carers Team from the practice. Many thanks to St Thomas's for being so welcoming.

In November we visited Salisbury Cathedral to look at some very old (16th Century) books with fabulous bindings, and some fascinating invoices from tradespeople. Many of us then climbed the spiral staircase to the library where we were treated to a fascinating talk and a look at a beautiful illuminated manuscript. The trip was thoroughly enjoyed by all: *"Such a lovely afternoon! ...Beautiful informative talks regarding the insight into the books and documents!"*

We have listened to the feedback that carers would like more events, and so have put together a new programme for January-March. Some of these are informative, and some just for fun and relaxation. Please have a look through, and book yourself a place where necessary. The events happen mainly on a Thursday as this is when all of the carers team are available. All events are free.



*Illuminated letter from
Salisbury Cathedral Library*



*Inside Salisbury Cathedral
Library*

Our Carers Leads are:

Clare Christopher (Tue, Wed, Thur) based at St Ann Street 01722 342000

Lyn Seymour (Mon, Tue, Thur) based at Endless Street 01722 336441

Or contact us via three.chequers@nhs.net

IF YOU ARE A CARER WE WOULD LIKE TO HEAR FROM YOU.

New for 2019: Living Well with Dementia Sessions for Carers

Do you care for someone living with dementia? Do you live with someone living with dementia?

Come to a “Living Well with Dementia” session to:

- **Learn** more about dementia and what it means to you and the person you care for;
- **Gain** some hints and tips on supporting someone to live well with dementia;
- **Hear** about services and support available to you in Salisbury;
- **Share** your experiences with other carers and relatives.

When: Wednesday 23rd January or Wednesday 6th March 2pm-4pm

Where: St Ann Street Surgery

Sessions will be run by Practice Nurse Hayley Nash who has lots of experience having worked previously as a dementia specialist nurse. Places are limited: please book via reception or three.chequers@nhs.net

To get the most out of the session, we would like carers to come on their own. If you are not able to leave the person that you care for, we may be able to help—please ask for more details.

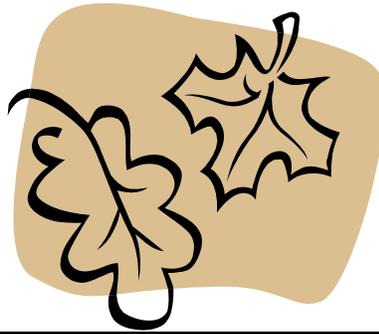
Carers Clinics

We have carers clinics on the following dates (all Thursdays):

7th March; 2nd May; 4th July; 5th September; and 7th November.

This is a one to one appointment for a health check with our Health Care Assistant Sam, followed by a session with a support worker from Carers Support Wiltshire. Priority is given to carers who have never been seen at a Carers Clinic before. If you have already been to a clinic, or if you would like to have a health check without seeing someone from Carers Support Wiltshire, ask at Reception to book an appointment with Sam and she will be very pleased to give you an “MOT” and some advice,





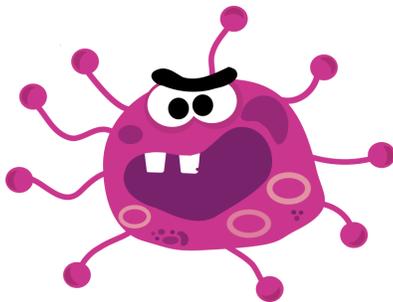
Introduction to Hazel Hill Wood: Wellbeing in Nature

Hazel Hill wood is a magical 70 acre woodland between Farley and East Grimstead. Join us for a visit on Spring Equinox, Wednesday 20th March. Transport will leave our St Ann Street branch at 10am and return approx. 12.30pm. Alternatively you can meet us there—ask for directions when you book a place.

We will be doing a short nature walk, followed by time around a camp fire with tea and cake. There will be the opportunity for a bit of light conservation work for those that fancy it, followed by a tool for relaxation and stress management.

Please wear appropriate clothing and footwear for the weather as we will be outdoors as much as possible.

To find out more about Hazel Hill Wood see www.hazelhill.org.uk



HAVE YOU HAD YOUR FLU JAB?

PLEASE BOOK AN APPOINTMENT FOR YOURS AT RECEPTION.

Do you care for someone with a mental illness?

The Salisbury Rethink Carers' Support Group takes place on the second Thursday of each month from 7-9pm at Sarum College, The Close, Salisbury. The group is run by carers for carers looking after someone with a mental health condition. The monthly meeting provides the opportunity to come along for a chat and a cup of tea with others who really understand the challenges caring for people with mental illnesses brings and also be somewhere where you don't have to explain anything. We organise speakers to join us from time to time. The speakers have included a pharmacist, a bank manager, members of the team from Fountain Way. We also have a number of information leaflets provided by Rethink and a small library of books that you can borrow. To contact us please email SalisburyCarersGroup@rethink.org or get in touch via our Facebook page: <https://www.facebook.com/groups/RethinkSalisburyCarersSupportGroup> or if you aren't online please ask the Three Chequers Carers team to contact us for you.

All events are FREE and are open to all carers. Please book (if you need to) via reception at any of our branches, or by e-mailing three.chequers@nhs.net. All venues are wheelchair accessible. Please ask if you have other access requirements.

Date and Time	Event	Where	Need to book?
Thursday 17th January 10am-12noon	Carers Coffee Morning. Enjoy a hot drink, a cake and a natter with other carers. Feel free to come with the person that you care for and any other family / friends. The “crafty carers” will be doing something creative at each session for those who want to join in!	St Thomas’s Church, in the café area at the back.	No
Wednesday 23rd January 2pm-4pm	Dementia Carers Session: see article on p2 for details	St Ann Street Surgery	Yes
Thursday 21st February 10am-12noon	Carers Coffee Morning—see above	St Thomas’s Church	No
Wednesday 6th March	Dementia Carers Session: see article on p2 for details	St Ann Street surgery	Yes
Thursday 7th March	Carers Clinic—see page 2 for details	Endless Street Surgery	Yes
Wednesday 20th March 10am-12.30pm	“Wellbeing in nature” session for March Equinox. See p3 for details.	Hazel Hill Wood, between Farley and East Grimstead. Transport is provided or you can meet us	Yes
Thursday 21st March 10am-12noon	Carers Coffee Morning—see 17th January	St Thomas’s Church	No