

CARERS NEWSLETTER

Welcome to our newsletter for those who are caring for a family member, friend or neighbour. If you are receiving this newsletter and you are not a carer, please let us know.

Three Chequers' Events - dates for your diary!



Coffee Mornings

Join us for a hot drink and cake on the following dates:

- Thursday 13th March - 10am to 12noon at St Thomas' House (just along the alley from the church)
- Thursday 18th September - 10am to 12noon at St Thomas' Church



Representatives from carers' organisations will be attending; additionally Artcare from Salisbury District Hospital will be bringing a display from their archive, which always provides an interesting topic of conversation and memories for many.

Garden Party - join us for a cream tea and some live music!

- Thursday 5th June - 2pm to 4pm at the Garden of St Thomas' House (just along the alley from the church)

This event is held jointly with our POWOW (Partners or Widows or Widowers) group.

All of our events for carers are free to attend; you are welcome to bring the person you care for



Don't forget to 'like' us on Facebook - search Three Chequers Medical Practice

Free to attend events at ArtCare, Salisbury District Hospital

Our colleagues at ArtCare run a monthly history club on the first Thursday of the month and a Creative Coffee Club on the third Thursday of the month.

Both events are from 11am to 1.30pm and are drop-in sessions which are free to attend.

See [ArtCare's Website](#) (linked - or visit www.artcaresalisbury.uk) for more information or call them on 01722 336262 ext. 5617



Do we have your correct contact details?

It's really important that we have your correct contact details. For emails we also need these to be verified for us to be able to use them. Please update your contact details by emailing us on:

bswib.3chequers.reception@nhs.net



Consent - do we have yours?

We need to have signed consent from the person that you care for in order to speak to you about them and share their information (unless they are a child, or an adult lacking the capacity to consent to share.) You can download a form to be completed from our carers page here or ask for us to send you a copy.

<https://www.3chequers.co.uk/carers>





Healthwatch BaNES, Swindon and Wiltshire (BSW): Unpaid carers project

Healthwatch is the independent voice of the patient. They listen to the views and experiences of people using health and social care services to help improve them. This survey is looking at the experiences of unpaid carers looking after people over the age of 18.

Use the QR code (above) or the link below to complete Healthwatch's survey. All answers will be anonymous.

<https://www.smartsurvey.co.uk/s/Unpaidcarers/>

Carers Together Wiltshire Newsletter

You can now sign up for Carers Together Wiltshire's new quarterly newsletter! Follow the link on the homepage of the Carers Together Wiltshire website to enter your details and be added to the mailing list for the first issue of the Carers Newsletter which will be coming soon. Each newsletter will be packed with advice, details of community events and resources to help unpaid Carers.

<https://carerstogetherwiltshire.org.uk/>

NEW - Carer's Corner at Alabaré

If you care for someone and are looking for support or signposting, there is a new Carer's Corner at Alabaré's Riverside Sanctuary.

This group is for unpaid carers aged 16 and over, sessions are free to attend and run between 7pm and 9pm.

If you need more information, call 0808 280 3528, email them at riversidesanctuary@alabare.co.uk, or visit their facebook page by searching "RiversideSanctuary"



YOUR CARERS TEAM



Clare Christopher - Carer's Lead



Lyn Seymour - Carer's Lead

New “Money Matters” Service from Carer Support Wiltshire:

As a carer, worries of your own are seldom your priority. Many of you struggle to make ends meet and pay bills on time.

‘Money Matters’ is a new service that can help you make money less of a worry for the people you care for and for you.

They can help you get the financial support you’re entitled to as well as offering free advice on energy saving, reducing your bills and energy debt. They can also help get you on the priority services register with your supplier, helping you get extra support with meter readings, warning of supply interruptions and how to save on cooking and heating. This would also help get you priority reconnection if you have a supply interruption.

Their Financial Wellbeing Officers can help you with other money issues too, whether yours or the person you care for.

Balancing caring responsibilities and finance is never easy, and they can offer you support in managing money or reducing debt.

Most carers are forced to leave paid work, or reduce their paid hours due to their carer’s commitments, Money Matters can also offer advice and help for those of you who are struggling to balance work and caring.

Contact them by emailing admin@carersupportwiltshire.co.uk, or call 0800 181 4118 and leave a message.

Weekly Carers Cafe at Salisbury District Hospital

There is a weekly cafe for carers at Springs Restaurant at Salisbury District Hospital between 2.30pm and 4pm.

Thank You

to all of the people and organisations who help Three Chequers to support carers in our area; St Thomas’ Church, Helen Dowse (Carers champion for Salisbury), ArtCare, Celebrating Age Wiltshire, Carers Support Wiltshire and Carers Together Wiltshire.

A special thank you to our own brilliant team of volunteers who help with our events; Helen, Marisa, Mary and Stephen.