



## WELCOME TO THE SECOND EDITION OF THE CARERS TOGETHER WILTSHIRE NEWSLETTER!

As Service Delivery Manager for Carers Together Wiltshire, I'm pleased to share our second edition with you during **Carers Week 2025** - a very important week dedicated to recognising the incredible contribution unpaid Carers make every day.

This year's theme, **Caring About Equality**, shines a light on the need for fair and equitable access to support, opportunities, and recognition for all unpaid Carers, no matter their background, circumstances or caring role. It's a powerful reminder that every Carer's experience matters, and that support must be shaped by understanding and inclusivity.

At Carers Together Wiltshire, we're proud to be working in partnership with Wiltshire Council and the Integrated Care Board to ensure Carers are identified earlier and have access to the advice, guidance, and assessments they need. In this issue, we'll be sharing updates, resources and information to help Adult Carers, Parent Carer and Young Adult Carers feel informed and supported in their Caring role.

Thank you for taking the time to read and share this newsletter. And most importantly, thank you to every unpaid Carer for all you do - we see you, we value you, and we're here for you.

Warm regards,

**Kirsten Kerr**

Service Delivery Manager, Carers Together Wiltshire

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## FUNDED BY:



Bath and North East Somerset,  
Swindon and Wiltshire  
Integrated Care Board

**Wiltshire Council**

## THE CARERS TOGETHER WILTSHIRE PARTNERSHIP

Our partnership is made up of Age UK Wiltshire, Community First, Alzheimer's Support, Wiltshire Service Users Network, Citizens Advice Wiltshire and Wessex Community Action, under the umbrella 'Carers Together Wiltshire'. This partnership enables us to provide tailored support to the thousands of people across Wiltshire identified as an unpaid Carer.

## NEWS AND UPDATES

### CARERS SUPPORT PASSPORT

If you're supporting someone while they're in hospital, it's a good idea to let staff know you're a Carer. This helps make sure you're involved in important decisions, especially when it comes to discharge planning.

At Swindon's Great Western Hospital, Carers can ask any member of the nursing team about the Carers Support Passport. It's designed to help you work in partnership with staff – and if needed, even stay overnight to support your loved one.

The passport also gives you access to helpful benefits like concessions on parking, food, and drinks while you're there.

For more info, you can get in touch with Tania Currie, Head of Patient Experience & Carers Lead, at [tania.currie1@nhs.net](mailto:tania.currie1@nhs.net)



### CARER CAFÉ TRANSITION

In April, Carers Together Wiltshire assumed responsibility for the Carer Cafés formerly run by Carer Support Wiltshire. We're so pleased to have the opportunity to look after these Cafés and continue supporting unpaid Carers. We know how important these spaces are for companionship, support and a break, so to ensure a smooth transition, we will be keeping the venues, times, and dates exactly the same as they were before. This will help make the change as seamless as possible for attendees and the incredible volunteers who bring these Cafés to life.

If you have any questions about this transition or our ongoing services, please don't hesitate to reach out to us. For more information about our Cafés and more, check out the [Events section](#) of this newsletter

#### FREE TRAINING COURSE FOR CARERS

Alzheimer's Support run a Training Course for Carers, which is a dedicated 7 week course to support people who are caring for someone with dementia. The next course starts in September!

[BOOK YOUR PLACE](#)



#### Treatments available:

**Wash and blow dry, men's wet cut, manicure, pedicure, express facial**

To book your appointment, please contact  
Chippenham Campus

Tel: 01249 465224 (Leave a message)

Email: [theaspireacademychippenham@wiltshire.ac.uk](mailto:theaspireacademychippenham@wiltshire.ac.uk)

#### FREE HAIR AND BEAUTY TREATMENTS AT WILTSHIRE COLLEGE!

We're teaming up with Hair and Beauty students to offer unpaid Carers a range of treatments for FREE at Wiltshire College's Chippenham Campus. You're welcome to bring along the person you care for - there will be a separate waiting area with free refreshments, supported by Health and Social Care students. Treat yourself!

**Friday 13<sup>th</sup> June**

**Appointment times: 10am, 11am, 1pm, 2pm**

**The Aspire Academy, Chippenham Campus, Cocklebury Road, Chippenham, SN15 3QD**

## PARENT CARER NEWS AND UPDATES

If you would like to talk to us about your role as a Parent Carer, have a needs assessment, or Carers Assessment if your child is over 18 (which may result in a funded service if you meet the eligibility criteria) please get in touch. You can fill in an [online Carer Self-Referral](#) on our website or call: **01380 710300**

**Jo Hiller-Culley - Parent Carer Lead**

### SIGN UP FOR OUR MONTHLY PARENT CARER UPDATE

If you are a Parent Carer, please sign up for our monthly update email which contains useful information, resources and events to support you in your caring role.

[Sign up here](#)

### WILTSHIRE SENDIASS HUB SESSIONS

The Wiltshire SENDIASS are running HUBS in various local libraries each month so that parents can meet them to discuss EHCPs and education for their young people. They also run 'baby days' where they meet with other services to offer parent information sessions relating to babies and toddlers, in Melksham, Warminster and Royal Wootton Bassett.

For dates and times please visit [Wiltshire SENDIASS](#) or email: [wiltshire.sendiass@family-action.org.uk](mailto:wiltshire.sendiass@family-action.org.uk) for more information.



### INVITATION TO PARTICIPATE IN A RESEARCH PROJECT

Are you a parent of an autistic young adult who has experience of transitioning from child to adult mental health services?

Charlotte Roche of Royal Holloway University Hospital would like to invite you to take part in a research project, which aims to understand how parents of autistic young adults experience the process of their child transitioning from child and adolescent mental health services (CAMHS) to adult mental health services (AMHS).

Inclusion Criteria:

- Being a parent of at least one autistic young adult.
- The young adult has begun, attempted or completed the transition directly from CAMHS to AMHS within the last 10 years.
- The young adult must have a formal diagnosis of autism.
- Living in England.

Participation involves attending a remote interview for approximately one hour. You will be reimbursed for your time with a £10 Amazon voucher.

If you are interested in taking part, please contact Charlotte via [charlotte.roche.2022@live.rhul.ac.uk](mailto:charlotte.roche.2022@live.rhul.ac.uk)

Researcher: [charlotte.roche.2022@live.rhul.ac.uk](mailto:charlotte.roche.2022@live.rhul.ac.uk)  
Research Supervisor: [lauren.bryan@rhul.ac.uk](mailto:lauren.bryan@rhul.ac.uk)

### HOW WELL IS THE LOCAL OFFER MARKETING?

The Wiltshire Local Offer is running a survey to get your views on their website! Please follow the link below.

[COMPLETE THE SURVEY](#)



## YOUNG ADULT CARER NEWS AND UPDATES

### BURSARIES AND GRANTS

Are you going to college next year? Take a look at some of these bursaries and check whether you are eligible!

Wiltshire College & University Centres: [Bursaries - Wiltshire College & University Centre](#)

New College Swindon: [Financial Support - New College Swindon](#)

Andover College: [Fees and Funding - Andover College | Hampshire](#)

### OTHER GRANTS

- [Children's Chance Charity](#) - funding extracurricular activities in the Salisbury area
- [Rose Gale Trust](#) - supporting 13 - 25 year olds with small grants to help with progress with education, employment and personal development. Open for applications from the Salisbury area and parts of Wiltshire, Hampshire and Dorset.
- [Quadstar Educational Grants](#) - Grants for university or further education costs (fees, travel, equipment)
- [Chippenham Borough Lands Charity](#) - Help for Chippenham residents who are on a low income - can cover essentials like furniture, white goods, school costs, or emergencies.
- [Wiltshire Digital Drive](#) - Free refurbished laptops for education or job-seeking.

### SETTING SMART GOALS

Did you know you can use the **SMART** framework to help you set personal goals? Here's an example based on increasing well-being:

**"I will go for a 30-minute walk in the park three times a week from June 1st to August 31st."**

- **Specific:** Practice self-care by engaging in a relaxing activity.
- **Measurable:** Do this at least 3 times per week.
- **Achievable:** Choose from activities like journaling, walking, or listening to music - set days – and allow reward.
- **Relevant:** Helps reduce stress and prevent burnout.
- **Time-bound:** From June to August.

### Wiltshire Young Adult Carers: Your Rights and Support Once You Turn 18

As a young adult carer in Wiltshire, turning 18 brings new rights and opportunities. You may be eligible for additional support to help you manage your caring responsibilities while planning your future.

#### You are protected under the Care Act 2014

Once you turn 18, you have the right to request a Carer's Assessment. This assessment looks at how your caring role affects you:

- Physical and mental health
- Ability to work or study
- Social life and relationships
- Overall wellbeing

You do not need to live with the person you care for or provide a specific number of hours to qualify.

#### What support can you receive through the Carers Assessment?

Depending on your situation, Wiltshire Council may offer:

- Emotional and mental health support
- Help with daily tasks
- Access to respite care and support groups
- Advice on managing your caring role

Even if you are not eligible for full support, the council **MUST** still provide information and guidance.

**Jo Roberts, Young Adult Carer Lead**

### TRANSITION ASSESSMENT: PLANNING FOR ADULthood (16 – 20)

Are you age 16 - 20? We can offer you a Transition Assessment if you are likely to need support as an adult carer. This assessment helps you plan for:

- Education or training
- Employment
- Housing
- How your caring role will continue into adulthood

**Please contact:**

[youngadult@carerstogetherwiltshire.org.uk](mailto:youngadult@carerstogetherwiltshire.org.uk)

#### Setting SMART goals

BiteSize Learning



##### Specific

The goal is concrete and tangible - everyone knows what it looks like.



##### Measurable

The goal has an objective measure of success that everyone can understand.



##### Attainable

The goal is challenging, but should be achievable with the resources available.



##### Relevant

The goal meaningfully contributes to larger objectives like the overall mission.



##### Timely

This goal has a deadline or, better yet, a timeline of progress milestones.

# EVENT PLANNER

## PARENT CARER EVENTS

- **Parent Carer Group:** Wednesday 18th June 2025 – 10:30am-12pm – The Bear Hotel Devizes
- **Parent Carer Virtual Group:** Thursday 19th June 2025 – 7-8pm
- **Parent Carer Group:** Monday 30th June 2025 – 10.30am – 12pm – Cesars Coffee, Trowbridge
- **Parent Carer Group:** Wednesday 16th July 2025 – 10:30am-12pm – The Bear Hotel Devizes
- **Parent Carer Virtual Group:** Thursday 17th July 2025 – 7-8pm
- **Parent Carer Group:** Wednesday 20th August 2025 – 10:30am-12pm – The Bear Hotel Devizes
- **Parent Carer Group:** Wednesday 10th September 2025 – 10:30am-12pm – Cosy Club Salisbury
- **Parent Carer Group:** Wednesday 17th September 2025 – 10:30am-12pm – The Bear Hotel Devizes
- **Parent Carer Virtual Group:** Thursday 18th September 2025 – 7-8pm



## CARER CAFÉS

Our Carer Cafés are a chance for unpaid Carers to chat, relax and catch-up - its all about connecting, having fun and looking after your mental well-being! Free drink and a cake for all unpaid Carers. No need to book - just turn up on the day.

- **Broadchalke Carer Café** - 11th June, 9th July, 13th August & 10th September - 2pm-4pm - The Chapel, High Road, Broad Chalke, Salisbury SP5 5EH
- **Corsham Carer Café** - 19th June & 17th July - 10:30am-12pm - The Methuen Arms, 2 High St, Corsham SN13 0HB
- **Devizes Carer Café** - 2nd July - 10:30am-12pm - The Bear Hotel, 2-3 The Market Place, Devizes SN10 1HS
- **Malmesbury Carer Café** - 26th June & 24th July - 10:30am-12pm - Malmesbury Abbey, Gloucester St, Malmesbury SN16 0AA
- **Marlborough Carer Café** - 24th June & 22nd July - 10:30am-12pm - Coffee Shop, St. Peter's Church, High St, Marlborough SN8 1HQ
- **Melksham Carer Café** - 3rd July - 10:30am-12pm - The Kings Arms Hotel, 20 Market Pl, Melksham SN12 6EX
- **Mere Carer Café** - 16th June & 21st July - 2.30pm - 4pm - Angel Corner Tea Room, Mere
- **Pewsey Carer Café** - 1st July - 10.30am - 12pm - The Wesley Hall, Pewsey Methodist Church, 35 North St, Pewsey SN9 5ES
- **Royal Wootton Bassett Carer Café** - 1st July - 10.30am - 12pm - The Angel Hotel, 47 High St, Royal Wootton Bassett, Swindon SN4 7AQ
- **Rudloe Carer Café** - 26th June & 24th July - 10:30am-12pm - Dandelion Coffee House, Portal Ave, Corsham SN13 0LQ
- **Salisbury Carer Café** - 17th June & 15th July - 2pm-3:30pm - The White Hart Hotel, St John's Street, Salisbury SP1 2SD
- **Tisbury Carer Café** - 24th June & 22nd July - 10:30am-12pm - Beatons Tearooms, The Square, High Street, Tisbury SP3 6JP
- **Trowbridge Carer Café** - 16th June & 28th July - 2pm-3.30pm - St John's Parish Centre, 2 Wingfield Road, Trowbridge BA14 9EA
- **Whiteparish Carer Café** - 17th June & 15th July - 2pm-3.30pm - Whiteparish Memorial Centre, Whiteparish, Salisbury SP5 2SU

## NEW GROUP - CARER CORNER SALISBURY

Carers Together Wiltshire in partnership with Alabaré Riverside Sanctuary have a new group for Carers! Our lovely volunteer, Chloe, who's a Carer herself, will be there to say hello and is especially keen to meet other younger and working Carers for a bit of peer support and friendly connection.

**Riverside Sanctuary,  
2 Watt Rd, Salisbury  
SP2 7UD**

**1st July & 29th July  
7pm - 9pm**

## SIGN UP FOR OUR QUARTERLY CARERS TOGETHER WILTSHIRE NEWSLETTER

If you were forwarded this email by a colleague or friend, why not sign up to receive our newsletter direct?

Receive all our Adult Carer, Parent Carer and Young Adult Carer news, useful resources and updates as soon as we release each newsletter.

[Sign up here](#)