

WELCOME TO THE THIRD EDITION OF THE CARERS TOGETHER WILTSHIRE NEWSLETTER!

I'm pleased to introduce the third issue of our newsletter, where we share highlights from the past few months and look ahead to the opportunities and events still to come.

This edition includes updates on our successful Chippenham Health and Wellbeing Day, which brought together over 160 members of the community, and our partnership with Wiltshire College & University Centre, where unpaid Carers were treated to well-deserved pampering sessions. You'll also find details of upcoming events such as SENDFEST 2025 and our growing network of Carer Cafés across the county.

Carers Together Wiltshire is a partnership of local organisations working together to provide advice, activities, and practical support to unpaid Carers of all ages. Through this newsletter, we aim to keep you informed, connected, and aware of the services and opportunities available to you.

Thank you for your continued engagement and for the vital role you play as Carers in our communities.

Warm regards,

Kirsten Kerr

Service Delivery Manager, Carers Together Wiltshire



Autumn 2025

Issue #3

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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

CHIPPENHAM HEALTH AND WELLBEING DAY

We had a fantastic time at the Chippenham Health and Wellbeing Day on Saturday 5th April! With 160 visitors attending, the event was full of community spirit, helpful resources, and engaging activities.

A highlight was the Brain Dome, where 63 people explored how our brains are affected by dementia through an exciting interactive session from Explorer Dome.

Thank you to everyone who stopped by and helped make the day such a success - it was a wonderful reminder of the strength of our community.

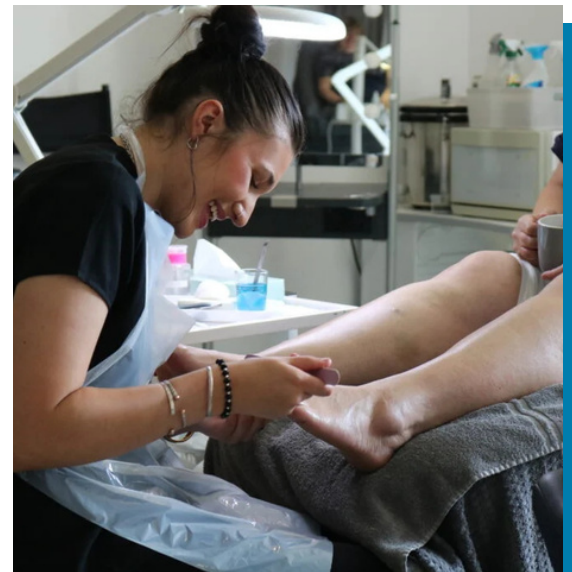


HAIR AND BEAUTY EVENT FOR UNPAID CARERS

We recently partnered with hair and beauty students at Wiltshire College & University Centre to offer free treatments to local unpaid Carers during Carers Week. Around 15 Carers enjoyed facials, pedicures, haircuts and blow-dries at The Aspire Academy of Hair & Beauty salon in Chippenham.

For Carers, the pampering was a rare luxury. Beverley, who cares for her son, said, "It was really lovely... I haven't had a pedicure in such a long time, and it just makes you feel nice - it's good to be fussed over."

Kirsten Kerr, our Service Delivery Manager, stressed the importance of raising awareness: "One of the biggest challenges we face is that many Carers don't realise they're Carers... Carers give so much - emotionally, physically, financially. They deserve recognition, but more than that they deserve real, tangible support."



BRAND NEW CARER CAFÉ COMING SOON IN CHIPPENHAM!

We are excited to announce a brand new Carer Café starting on Monday 15th September in Chippenham - this group will be running on the 3rd Monday of the month from 10.30am-12pm, at the Angel Hotel, 8 Market Place, Chippenham SN15 3HD.

Our Carer Cafés are a chance for unpaid Carers to chat, relax and catch-up - it's 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. Other dates for this group for the next few months are: 20th October, 17th November, 15th December, 19th January, 16th February, 16th March.

We look forward to seeing you there!



PARENT CARER NEWS AND UPDATES

SEDNFEST 2025 IS COMING SOON!

We're excited to share details of SENDFEST, an inclusive day festival dedicated to celebrating and empowering young people with Special Educational Needs and Disabilities (SEND).

SEDNFEST brings together families, schools, support services, local organisations, and the wider community for a vibrant day of accessible activities, interactive workshops, live performances, and creative experiences, all tailored for young people of all abilities.

Date: 20th September 2025

Location: Wiltshire Music Centre, Ashley Rd, Bradford-on-Avon BA15 1DZ

Time: 10am-6pm

Highlights include:

- Archery
- Face painting and craft zones
- A high-energy silent disco
- Live music and performances
- A dedicated sensory space for regulation and calm
- Refreshments and chill-out areas
- Information from council staff members and local organisations about SEND Support.
- A chance for children and families to get involved in shaping SEND Services within Wiltshire.

You can order your tickets [here](#).

Together, we can raise awareness, celebrate talent, and create a safe, fun, and empowering space for our young people.



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



DEVIZES PARENT CARER GROUP PICNIC FUN!

In August, our Devizes Parent Carer Group had a special outdoor meetup! We hosted a Parent Carer and family picnic, complete with delicious ice-creams and hot drinks provided by Hillworth Park Café.

We joined forces with Wiltshire Centre for Independent Living who were also at the park to celebrate the Young Pioneers!

A big thank you to everyone who came!



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 specific to parent carers to support you in your caring role.

[Sign up here](#)

YOUNG ADULT CARER NEWS AND UPDATES

SEPTEMBER IS HERE... WHAT NEXT?

Here are some options you might want to think about:

- **Education, Training, Volunteering and Employment**
 - Want to go back into education, volunteer or find work?
 - The [Building Bridges Programme](#) helps people in Wiltshire and Swindon overcome barriers to education and employment.
- **Starting Your Own Business**
 - [Wiltshire and Swindon Community Foundation](#) offers start-up grants:
 - Up to £500 for new businesses
 - Up to £2000 for established ones
- **Money & Benefits**
 - Does caring prevent you from doing any of the above?
 - Wondering about Carer's Allowance?
 - You can complete our [Carer Self-Referral Form](#) (18+) to access extra help and support.
 - Visit our [Young Adult Carer](#) page for more advice and helpful links.

SURVIVING UNIVERSITY AS A CARER

1) Let Your University Know You're a Carer

Most universities have support systems in place for student Carers. Informing your university early can help you access:

- Flexible deadlines
- Counselling services
- Financial support or bursaries
- Carer-specific support groups



2) Plan Your Time Carefully

Balancing studies and caring responsibilities is tough. Try:

- Using a digital calendar to track lectures, assignments, and caring duties.
- Setting realistic goals each week.
- Prioritising tasks with tools like To-Do lists or apps like Notion or Trello.



3) Explore Financial Support

Young Carers may be eligible for:

- Carer's Allowance
- Disabled Students' Allowance (DSA) if you have your own health needs
- University hardship funds or bursaries



4) Build a Support Network

Connect with:

- Other student Carers through university groups or online forums
- Friends and flatmates who understand your situation
- Academic mentors who can offer guidance and flexibility

5) Take Care of Yourself

Your wellbeing matters. Make time for:

- Rest and hobbies
- Mental health support (many universities offer free counselling)
- Regular check-ins with someone you trust



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

SHARE YOUR VOICE

SHARE YOUR EXPERIENCES OF FRAILITY

Bath and North East Somerset, Swindon and Wiltshire NHS Integrated Care Board (BSW ICB) is developing a new frailty strategy to improve care, reduce inequalities, and ensure that people living with frailty receive the right support at the right time. If you are living with frailty, or caring for someone who is, you can help by filling in their short survey!

[FILL OUT THE SURVEY HERE](#)



HAVE YOUR SAY ON ORAL HEALTH IN WILTSHIRE

Voice It, Hear It is running an independent survey on behalf of Public Health at Wiltshire Council to understand people's real experiences with dental care. Whether you've had great experiences or faced challenges, your voice matters. Voice It, Hear It are especially keen to hear from; people living with dementia, people with learning disabilities or SEND, people with mental health diagnoses, people in care homes or receiving home care, and unpaid Carers

Your voice matters. Your experience counts. Help shape future services and improve dental access in your community.



[FILL OUT THE SURVEY HERE](#)

HELP SHAPE LOCAL BLOOD PRESSURE SERVICES

The NHS Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board (BSW ICB), in partnership with Healthwatch, is running a short anonymous survey to better understand how to support local communities in getting their blood pressure checked.

Take the survey to help shape future services and make it easier for everyone to access blood pressure checks.

[FILL OUT THE SURVEY HERE](#)



EVENT PLANNER

PARENT CARER EVENTS

- **Trowbridge Parent Carer Group:** Mondays, 10.30am-12pm, Cesar's Coffee, Trowbridge
8th Sept, 6th Oct, 3rd Nov, 1st Dec
- **Salisbury Parent Carer Group:** Wednesdays, 10:30am-12pm, Cosy Club Salisbury
10th Sept, 1st Oct, 5th Nov, 3rd Dec
- **Devizes Parent Carer Group:** Wednesdays, 10.30am-12pm, The Bear Hotel, Devizes
17th Sept (A representative from the Wiltshire Parent Carer Council will be in attendance for this session to talk about their work) 15th Oct, 19th Nov, 17th Dec
- **Virtual Parent Carer Group:** Thursdays, Online, 7-8pm - 25th Sept, 23rd Oct, 27th Nov, 18th Dec
(Email jo.hiller-culley@carerstogogetherwiltshire.org.uk for the link)



CARER CORNER SALISBURY

Carers Together Wiltshire in partnership with Alabaré Riverside Sanctuary have a new group for Carers! Our lovely volunteer, Chloe, 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
23rd September 2025
7pm - 9pm**

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.

- **Bradford on Avon Carer Café** - 23rd Oct, 27th Nov, 22nd Jan, 26th Feb, 26th Mar - 10:30am-12pm - Timbrells Yard, 49 St Margaret's Street, Bradford on Avon BA15 1DE
- **Broadchalke Carer Café** - 10th Sept, 8th Oct, 12th Nov, 10th Dec, 14th Jan, 11th Feb, 11th Mar - 2pm-4pm - The Chapel, High Road, Broad Chalke, Salisbury SP5 5EH
- **Corsham Carer Café** - 18th Sept 16th Oct, 20th Nov, 18th Dec, 15th Jan, 19th Feb, 19th Mar - 10:30am-12pm - The Methuen Arms, 2 High St, Corsham SN13 0HB
- ***NEW GROUP* Chippenham Carer Café** - 15th Sept, 20th Oct, 17th Nov, 15th Dec, 19th Jan, 16th Feb, 16th Mar - 10.30am-12pm - Angel Hotel, 8 Market Pl, Chippenham SN15 3HD
- **Devizes Carer Café** - 3rd Sept, 1st Oct, 5th Nov, 7th Jan, 4th Feb, 4th Mar - 10:30am-12pm - The Bear Hotel, 2-3 The Market Place, Devizes SN10 1HS
- **Malmesbury Carer Café** - 25th Sept, 23rd Oct, 27th Nov, 22nd Jan, 26th Feb, 26th Mar - 10:30am-12pm - Malmesbury Abbey, Gloucester St, Malmesbury SN16 0AA
- **Marlborough Carer Café** - 23rd Sept, 28th Oct, 25th Nov, 27th Jan, 24th Feb, 24th Mar - 10:30am-12pm - Coffee Shop, St. Peter's Church, High St, Marlborough SN8 1HQ
- **Melksham Carer Café** - 2nd Oct, 6th Nov, 4th Dec, 5th Feb, 5th Mar - 10:30am-12pm - The Kings Arms Hotel, 20 Market Pl, Melksham SN12 6EX
- **Mere Carer Café** - 15th Sept, 20th Oct, 17th Nov, 15th Dec, 19th Jan, 16th Feb, 16th Mar - 2.30pm-4pm - Angel Corner Tea Room, Mere
- **Pewsey Carer Café** - 7th Oct, 4th Nov, 2nd Dec, 6th Jan, 3rd Feb, 3rd Mar - 10.30am-12pm - The Wesley Hall, Pewsey Methodist Church, 35 North St, Pewsey SN9 5ES
- **Royal Wootton Bassett Carer Café** - 7th Oct, 4th Nov, 2nd Dec - 10.30am - 12pm - The Angel Hotel, 47 High St, Royal Wootton Bassett, Swindon SN4 7AQ
- **Rudloe Carer Café** - 25th Sept (further dates TBC) - 10:30am-12pm - Dandelion Coffee House, Portal Ave, Corsham SN13 0LQ
- **Salisbury Carer Café** - 16th Sept, 21st Oct, 18th Nov, 16th Dec, 20th Jan, 17th Feb, 17th Mar - 2pm-3:30pm - The White Hart Hotel, St John's Street, Salisbury SP1 2SD
- **Tisbury Carer Café** - 23rd Sept, 28th Oct, 25th Nov, 27th Jan, 24th Feb, 24th Mar - 10:30am-12pm - Harry's On the Square, The Square, High Street, Tisbury SP3 6JP
- **Trowbridge Carer Café** - 15th Sept, 20th Oct, 17th Nov, Dec date TBC, 19th Jan, 16th Feb, 16th Mar - 2pm-3.30pm - St John's Parish Centre, 2 Wingfield Road, Trowbridge BA14 9EA
- **Whiteparish Carer Café** - 16th Sept, 21st Oct, 18th Nov, 16th Dec, 20th Jan, 17th Feb, 17th Mar - 2pm-3.30pm - Whiteparish Memorial Centre, Whiteparish, Salisbury SP5 2SU

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](#)