



Welcome to the fourth edition of the Carers Together Wiltshire newsletter!

Welcome to the fourth issue of our newsletter, where we share highlights from the past few months and look ahead to the opportunities and events still to come. Through this newsletter, we aim to keep you informed, connected, and aware of the services and opportunities available to you.

Every day, 12,000 people become unpaid Carers for a partner, family member or a friend. Many don't see themselves as Carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits. This edition includes updates about Carers Rights Day and a new approach to 3 of our Carer Cafés, along with information for Parent Carers and Young Adult Carers. 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

News and Updates



A huge thank you to everyone who joined us for our Carers Rights Day event on the 21st November in Trowbridge! The room was buzzing with fantastic stalls from organisations across Wiltshire, all shining a spotlight on the vital rights of Carers. Attendees could even roll up their sleeves for a flu and/or covid vaccine on the day.

We loved seeing so many people getting involved, exploring resources, and taking home Carers Rights literature and factsheets.

This year, Carers Rights Day took place on Thursday 20th November and the theme was 'Know your rights, use your rights.'

Knowing your rights empowers you with information about what you're entitled to.

This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

Unpaid Carers have:

- The right to unpaid Carer's Leave
- The right to request flexible working
- The right to ask your GP practice to identify you as a Carer
- The right (and choice) to request a free flu jab
- Protection against discrimination or harassment
- The right to request a Carer's assessment
- The right to be consulted when the person you care for is discharged from hospital

You can find out more about your rights on the [Carers Trust website](https://www.carers-trust.org.uk/).

Parent Carer News and Updates



Phoebe's Green Christmas – Free Digital Sensory Series



Healthwatch Wiltshire Parent Carer Survey

Celebrate the festive season with Phoebe's Green Christmas, a fun and eco-friendly story designed for kids! This free digital sensory series, created by Embracing Arts and Christmas for Kids, encourages sustainable holiday practices while engaging children in an interactive and inclusive experience.

Perfect for families looking to combine creativity, learning, and environmental awareness this Christmas.

[Download here](#)

Healthwatch Wiltshire are undertaking a project to understand the needs of Parent Carers in Wiltshire. They are looking for you to share your experiences, challenges and ideas for improving local support. From signposting and navigating the system to emotional support and transition to adulthood, your voice matters.

Findings from the survey will help Healthwatch Wiltshire understand what Parent Carers need most and shape future services in Wiltshire.

[Complete the survey](#)

Rising Stars and Fit Club

Rising Stars and Fit Club are designed to engage children, young people, and adults with special educational needs/disabilities into sport and physical activity. The emphasis is on having fun and taking part rather than being competitive.

Various activities are delivered throughout the term including ball games, dance, relay races and sport specific activities such as dodgeball, football, athletics, boccia and kurling. Pre-booking is essential.



Rising Stars
sports clubs

£3.50 per session
Term time only, pre-booking required

Rising Stars sports clubs are open to any young person with SEN and/or disability from ages 8 – 16 years.

Our clubs:

- North Rising Stars**
Sheldon School, Chippenham
Thursdays 5 – 6pm
- South Rising Stars**
Five Rivers Health and Wellbeing Centre, Salisbury
Wednesdays 5 – 6pm
- West Rising Stars**
Trowbridge Sports Centre
Wednesdays 4.15 – 5pm

For more information
Tel: **01722 434770**
Email: robert.paget@wiltshire.gov.uk

[@Sport4Wiltshire](#) **Wiltshire Council**

Contact Rob Paget on Robert.paget@wiltshire.gov.uk or call 01722 434770. For a full list of inclusive activities running throughout the county, please visit [Inclusive Activities](#).

Young Adult Carer News and Updates



Preparing for Winter: Education, Volunteering, and Employment

If you're thinking about going back into education, volunteering, or employment, The Building Bridges Programmes can help. This Wiltshire and Swindon service provides a person-centred approach, working with young people to overcome barriers and reach stability in paid employment, with the goal of independence. Learn more about the [Building Bridges Programmes](#)

Additionally, you can apply for grants through the Wiltshire and Swindon Community Foundation to support learning, volunteering, or employment opportunities.

[Find out more about WSCF grants](#)

Tips for UCAS Applications for Carers

If you're applying to university as a Young Adult Carer, these tips can help you plan:

- Disclose your caring role: Tick the relevant box on UCAS and mention your experience briefly.
- Contact universities early: Ask about Carer support services and bursaries.
- Check financial help: Some universities offer Carer bursaries; part-time study may allow you to continue receiving Carer's Allowance.
- Use UCAS & Carers Trust resources: Guidance and local support are available.
- Plan for flexibility: Request deadline extensions or attendance adjustments if needed.
- Look for contextual offers: Some universities lower entry requirements for Carers.
- Prepare before term starts: Know welfare services and support contacts.

Need extra support in your caring role to help you reach your goals? Fill out our Carer Self-Referral Form below.

[Carer Self-Referral Form](#)

Budgeting Through Winter

Looking after yourself and your finances can be tricky, especially during the colder months. Here are some simple, practical ways to stay on top of your money.

1. Track Your Spending

- Keep a notebook or use a free spreadsheet to record what you spend each week.
- Include everything: bills, food, travel, and small treats - seeing it all helps you plan better.

2. Plan Your Weekly Budget

- Work out how much you have coming in each week (wages, benefits).
- Allocate money to essentials first: food, bills, travel.
- Any leftover can go towards savings or treats.

3. Use Envelopes or Jars

4. Shop Smart

- Physically separate money for different purposes (e.g., groceries, transport, fun). This makes it easier to stick to your plan and avoid overspending.
- Look for discounted items and seasonal deals at supermarkets.
- Plan meals ahead to reduce waste and save money.



Charity Shop Gift Challenge

A fun, budget-friendly way to celebrate Christmas: everyone buys a gift for another family member from a charity shop.

Budget: £5–£10 per gift

How to Play:

- Draw names: Each person secretly picks who they'll buy for.
- Set rules: Decide on a budget and optional theme (e.g., “cosy,” “funny,” “retro”).
- Shop hunt: Visit charity shops to find the best gift within your budget.

[Age UK Wiltshire has charity shops across the county.](#)

Gift Swap Game (Christmas Day):

Wrap gifts creatively. Guess who bought each gift before opening. Award points for funniest, most thoughtful, or most creative gifts.

Optional Scoring System:

- 3 points: Most thoughtful
- 2 points: Funniest
- 1 point: Best bargain

Event Planner

Carer Christmas Get Together



Join us for our Carer Christmas Get Together!
Connect with other Carers over free Christmas refreshments, music from Frankie and a free raffle!

Carers Together team members will be on hand should you need to find out about accessing support in your caring role.

Friday 5th December
2pm until 4pm

Calne Town Hall
The Strand, Calne, SN11 0EN

FREE
Christmas treats and refreshments

Any questions call: **01380 710 300** and select **option 2**
We look forward to seeing you there!




Carer Christmas Get Together

Join Carers Together Wiltshire for the Carer Christmas Get Together!
Celebrate the festive season with other Carers at Calne Town Hall on Friday, 5th December (2–4 pm) Enjoy free Christmas refreshments, live music from Frankie, and a raffle.

Carers Together team members will be available to share information on support services. For details, call 01380 710 300 (option 2).

We look forward to seeing you there!

Carer Christmas Drop-In

Carers are warmly invited to our Carer Christmas Drop In - a gentle, welcoming space created just for you. Come along for free refreshments, kind conversation, and the chance to meet the Carers Together Wiltshire team as well as others who truly “get it.”

Because caring for someone doesn't mean you have to carry everything alone.

If you have any questions, give us a call: 01380 710 300 (option 2).



Carer Christmas Drop In

Enjoy free refreshments and gentle conversation in a space just for you.
Come and meet the Carers Together Wiltshire team, chat with people who understand, and let yourself pause for a moment.
Because caring for someone doesn't mean you must carry it all alone.

11th December 2025
2pm until 4pm
Age UK Wiltshire,
Unit 9-10 Prince Maurice Court,
Hambleton Avenue, Devizes, SN10 2RT

Any questions call: 01380 710 300 and select option 2



All-new Carer Cafés alongside Age UK Wiltshire's Fitness & Friendship Clubs!

Take a break, enjoy free refreshments, and meet others at our friendly Carer Cafés. These monthly sessions are all about connection, well-being and support.

At our 3 brand new Carer Cafés you will also have the option to bring the person you care for, so that they can join in with games, Tai Chi, and gentle seated exercise at the Age UK Wiltshire Fitness & Friendship Club (£6 per session, but Carers go free).

**WESTBURY
CARER
CAFÉ**

Westbury Carer Café runs alongside
Age UK Wiltshire's Fitness & Friendship Club

First Wednesday of the month
2pm until 4pm
Shirl's Café,
Westbury Community Project,
Eden Vale Road, BA13 3NY

It's all about connecting, having fun and looking after your well-being! Enjoy free refreshments and a well-earned break.

You can also bring the person you care for so they can join in with the Fitness & Friendship Club at the same time. £6 per club but Carers go free.

 

Find out more: Scan the QR code or visit carerstogethertwiltshire.org.uk/events



**AMESBURY
CARER
CAFÉ**

Amesbury Carer Café runs alongside
Age UK Wiltshire's Fitness & Friendship Club

Second Wednesday of the month
2pm until 4pm
Community Room at the
Bowman Centre, Shears Drive,
Amesbury, SP4 7XT

It's all about connecting, having fun and looking after your well-being! Enjoy free refreshments and a well-earned break.

You can also bring the person you care for so they can join in with the Fitness & Friendship Club at the same time. £6 per club but Carers go free.

 

Find out more: Scan the QR code or visit carerstogethertwiltshire.org.uk/events



**TIDWORTH
CARER
CAFÉ**

Tidworth Carer Café runs alongside
Age UK Wiltshire's Fitness & Friendship Club

Third Wednesday of the month
2pm until 4pm
Ezra's Diner,
Tidworth Civic Centre,
Wylve Road, SP9 7QQ

It's all about connecting, having fun and looking after your well-being! Enjoy free refreshments and a well-earned break.

You can also bring the person you care for so they can join in with the Fitness & Friendship Club at the same time. £6 per club but Carers go free.

 

Find out more: Scan the QR code or visit carerstogethertwiltshire.org.uk/events



Westbury Carer Café

First Wednesday of the month, 2–4pm at Shirl's Café, Westbury Community Project

Amesbury Carer Café

Second Wednesday of the month, 2–4pm at the Bowman Centre

Tidworth Carer Café

Third Wednesday of the month, 2–4pm at Ezra's Diner, Tidworth Civic Centre

Free Seminar for unpaid Carers – Preparation for End of Life & Bereavement



Preparation for End of Life and Bereavement Carers Seminar



Conversations about end of life can feel daunting, but the right support can make them more manageable.

This free seminar, led by experienced facilitator Diane Barkham, offers a safe and understanding space for Carers to come together and learn about the different aspects of bereavement and end of life care. With compassionate and practical guidance, it will help you feel more confident, reassured and supported as you care for someone approaching the end of their life.

The Seminar will cover:

- End of life planning including:
 - At home
 - In hospital
 - Full time care
- Legal Aspects
- Funeral arrangements
- Bereavement support

To book your place please ring:

01380 710300

Select Option 2

Thursday 22nd January 2026 at 2pm – 4pm

Age UK Wiltshire Offices, Unit 9-10 Prince Maurice Court, Hambleton Avenue, Devizes, SN10 2RT

If you're caring for someone approaching the end of their life, you don't have to face it alone. Join us for a free, supportive seminar led by experienced facilitator Diane Barkham, designed especially for unpaid Carers.

Monday 22nd January 2026

2:00 – 4:00pm

Age UK Wiltshire Offices, Unit 9-10

Prince Maurice Court, Hambleton

Avenue, Devizes, SN10 2RT

We'll cover:

- End of life planning (at home, in hospital, or full-time care)
- Legal aspects
- Funeral arrangements
- Bereavement support

This is a safe and understanding space where you can gain practical guidance, share experiences, and feel reassured as you support your loved one.

To book your free place, please call 01380 710300 (Option 2)

[View our Events page](#)

December Carer Cafés List

Salisbury Parent Carer Group

Wednesday 3rd December at 10:30 am - 12:00 pm
Cosy Club 49 New St, Salisbury, Wiltshire

Great Western Hospital Carer's Café

Wednesday 3rd December at 2:00 pm - 3:30 pm
Wednesday 10th December at 2:00

Devizes Carer Café

Wednesday 3rd December at 10:30 am - 12:00 pm The Bear Hotel 2-3 The Market Place, Devizes, Wiltshire

Westbury Carer Café

Wednesday 3rd December at 2:00 pm - 4:00 pm
Shirl's Café Westbury Community Project, Eden Vale Road

pm - 3:30 pm
Wednesday 17th December at 2:00
pm - 3:30 pm
Refresh Restaurant Great Western
Hospital, Marlborough Road, Swindon

Trowbridge Carer Café

Monday 8th December at 2:00 pm -
3:30 pm
St. John's Parish Centre 2 Wingfield
Road, Trowbridge, Wiltshire

Amesbury Carer Café

Wednesday 10th December at 2:00
pm - 4:00 pm
Community Room Bowman Centre,
Shears Drive, Amesbury

Mere Carer Café

Monday 15th December at 2:30 pm -
4:00 pm
Angel Corner Tea Rooms Angel Lane,
Mere, Wiltshire

Salisbury Carer Café

Tuesday 16th December at 2:00 pm -
3:30 pm
The White Hart Hotel St John's
Street, Salisbury, Wiltshire

Whiteparish Carer Café

Tuesday 16th December at 2:00 pm -
3:30 pm
Whiteparish Memorial Centre
Whiteparish, Salisbury, Wiltshire

Tidworth Carer Café

Wednesday 17th December at 2:00
pm - 4:00 pm
Ezra's Diner Tidworth Civic Centre,
Wylde Road

Corsham Carer Café

Thursday 18th December at 10:30 am
- 12:00 pm

Melksham Carer Café

Thursday 4th December at 10:30 am
- 12:00 pm
The Kings Arms Hotel 20 Market
Place, Melksham, Wiltshire

Broad Chalke Carer Café

Wednesday 10th December at 2:00
pm - 4:00 pm
The Chapel High Road, Broad
Chalke, Wiltshire

Chippenham Carer Café

Monday 15th December at 10:30 am -
12:00 pm
Angel Hotel Market Place,
Chippenham

Tisbury Carer Café

Tuesday 16th December at 10:30 am
- 12:00 pm
Harry's - On the Square The Square,
High Street, Tisbury, Wiltshire

Marlborough Carer Café

Tuesday 16th December at 10:30 am
- 12:00 pm
St. Peter's Church Coffee Shop High
St, Marlborough, Wiltshire

Carer Corner Salisbury

Tuesday 16th December at 7:00 pm -
9:00 pm
Riverside Sanctuary 2 Watt Road,
Salisbury, Wiltshire

Devizes Parent Carer Group

Wednesday 17th December at 10:30
am - 12:00 pm
The Bear Hotel 2-3 The Market Place,
Devizes, Wiltshire

Parent Carer Virtual Group

Thursday 18th December at 7:00 pm
- 8:00 pm
Online

The Methuen Arms 2 High St,
Corsham, Wiltshire

Visit our website

Carers Together Wiltshire

Age UK Wiltshire, Unit 9-10 Prince Maurice Court, Hambleton Avenue, SN10 2RT, Devizes

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