



A message from Carers Together Wiltshire



Dear Carers, Partners and Supporters,

Following our recent message regarding the closure of Carer Support Wiltshire, we would like to provide further reassurance about the practical steps being taken by Carers Together Wiltshire to ensure continuity of support for unpaid Carers across the county. Rest assured that everything we are already doing to support unpaid Carers is continuing.

We are pleased to confirm that, from the 1st April 2026, Carers Together Wiltshire will be taking on the Carer Cafés in Amesbury, Calne, Ludgershall, Westbury and Warminster. There will be no changes to the venues or the format of these Cafés, and we are committed to maintaining the welcoming, supportive spaces that Carers value. We very much hope that volunteers who have supported these Cafés through Carer Support Wiltshire will transition to Carers Together Wiltshire so that familiar faces and trusted relationships can continue.

In addition, we have agreed to partner with Avon and Wiltshire Mental Health Partnership NHS Trust (AWP) to continue delivering the Mental Health Cafés in

Salisbury and Trowbridge, ensuring that Carers can still access emotional wellbeing support in their local communities.

We will also be transitioning the “Here to Talk” telephone befriending service to Carers Together Wiltshire. Carers currently using this service should expect to hear directly from Carer Support Wiltshire to seek consent for their information to be safely transferred to us, in line with data protection requirements. Our aim is to make this process as smooth and seamless as possible so that support continues without interruption.

Looking ahead, we are aiming to establish a partnership with Dorothy House to support the delivery of Bereavement Help Points across Wiltshire, helping ensure that Carers experiencing loss can access compassionate and timely support.

We know this period of change may still feel uncertain. Please be assured that our focus remains firmly on continuity, stability and compassion. Our message remains the same: support is here, and you do not have to face this alone.

If you have any questions or concerns, please do not hesitate to contact us.

With warm regards,

Kirsten Kerr

Carers Together Wiltshire

Parent Carer News and Updates



Wiltshire Council Short Breaks Scheme - Update

Wiltshire Council is revising the 2026 Short Breaks scheme to provide a more flexible and accessible offer for SEND families.

Please see the Letter from Wiltshire Council via WPCC for more information.

[Read Wiltshire Council's letter here](#)



Survey of SEND Services (Swindon)

The Swindon Borough Council Survey of SEND Services is open until Friday 27th March. This survey is for young people, parents/carers, practitioners and service providers. Please complete the survey and let the Council know your thoughts about the services in Swindon for children and young people with SEND.

[Fill out the SEND Services Survey here](#)

Share Your Experiences of Supporting a Young Person with Emotionally Based School Avoidance (Healthwatch)

Healthwatch is inviting parents and carers of young people experiencing Emotionally Based School Avoidance (EBSA) to share their experiences. Participants can contribute through an online survey, a small group conversation, or a 1-to-1 interview, with flexible options to suit availability.

Insights will help shape recommendations for schools, health services and commissioners, and will be included in a public report shared with education and health partners. If you'd like to take part please email: ImogenKnivett@thecareforum.org.uk



SHARE YOUR EXPERIENCES OF SUPPORTING A YOUNG PERSON WITH EMOTIONALLY BASED SCHOOL AVOIDANCE (EBSA)



ARE YOU A PARENT OR CARER OF A YOUNG PERSON WHO HAS EXPERIENCED EMOTIONALLY BASED SCHOOL AVOIDANCE (EBSA)? Healthwatch is your local independent champion for people using health and social care services. We want to hear from you. We are carrying out research exploring the experiences of young people and their families across B&NES, Swindon and Wiltshire, helping to improve education, health and support services.	WHAT DOES TAKING PART INVOLVE? You can choose the option that feels right for you: • Completing an online survey • Joining a small group conversation • Taking part in a 1-to-1 interview Participation is flexible and designed to fit around your availability. There are no right or wrong answers- we are interested in your honest experiences.
Why this research matters Your insight will help us understand challenges, identify what works, explore differences across areas, and inform recommendations for schools, health services and commissioners.	How your contribution will be used Findings will be brought together in a report shared with: • Health and education decision-makers • Integrated Care Boards and CAMHS services • Local system partners across BSW • The report will also be published publicly via the Healthwatch website.

INTERESTED?

If you'd like to get involved, please get in touch by scanning the QR code and emailing the address. We'll send you a participant information sheet with more detail about the project. If you then decide you'd like to take part, you'll be asked to complete a consent form before getting started.




healthwatch
in partnership with the care forum

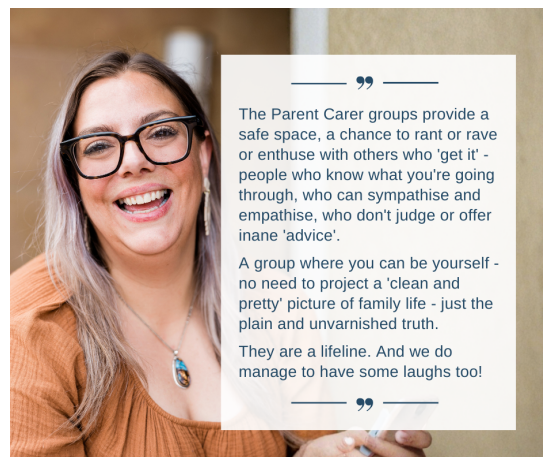
”
Behind every special needs child is
a parent doing everything they can,
often running on empty, learning
as they go, and doing their best
”

@Together_for_Autism



Feedback about our Parent Carer Groups

We recently had some lovely feedback from parents who attend our Parent Carer Groups - if you are interested in coming along to a group, you can find all the details in the Events section of this email, or on our website!



Young Adult Carer News and Updates

It's Exam Season - Here's What Can Actually Help!



You don't need to sit at a desk for hours to do well. That can even be one of the worst things you can do. Short, focused sessions (around 20 to 30 minutes) work better than long slogs that leave your brain fried. Try:

- Mixing up subjects so it doesn't feel like groundhog day
- Swapping passive reading for flashcards or practice papers
- Explaining a topic out loud to someone (or to yourself - no judgement!)

Why Study Breaks Matter

Breaks aren't slacking off, they're part of how learning works. Here's what's happening when you step away:

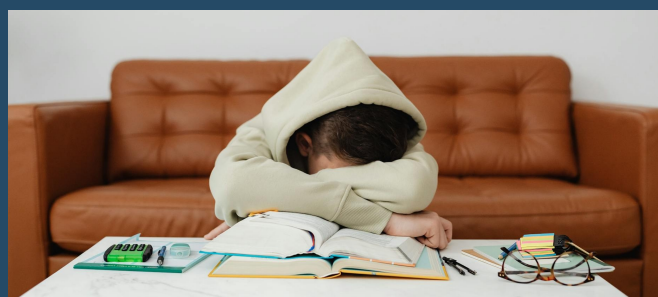
- **Your brain is filing things away**, saving everything you just covered in the background
- **You avoid hitting 'the wall'** - that "I genuinely cannot do this anymore" feeling that makes it impossible to carry on
- **You get more done overall** - a rested brain is a faster brain

The Best Break Pattern

Try 20-30 minutes on, then 5–10 minutes off. Good break options:

- Stretch or move around
- Get some fresh air
- Grab a snack or drink some water
- Watch something short
- Sit and do absolutely nothing at all!

The one thing to try and avoid? Falling down a long scroll hole. Long stretches on social media make it weirdly hard to get back into revision - your brain switches channels and doesn't want to switch back!



Uni Tips

Grant Search Tools

These tools can help you find extra funding beyond university bursaries.

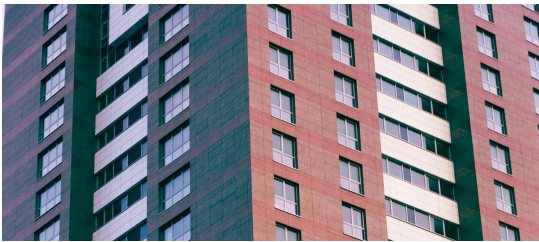
[Turn2us Grants Search](#)

[University Bursary - One Degree More | Wiltshire and Swindon Community Foundation](#)

Finding Accommodation

Things to Consider

- En-suite vs shared bathroom
- How modern the building is
- Whether bills are included
- Social spaces
- Distance from campus
- Noise levels
- Room size



Example non-negotiables

- Safe location
- Affordability within your budget
- Good transport links if you're travelling home often
- Clear contract with no hidden fees
- Ability to end tenancy early (if needed)
- Quiet study environment
- Option for longer tenancies if you need stability

Not going to university? Here are some quick tips if you are looking for an apprenticeship

Finding opportunities doesn't have to be complicated. The best places to start are:

- The GOV.UK apprenticeships [website](#)
- Local colleges
- Wiltshire jobs boards
- Large employers like the NHS, councils, and big retail chains

What Makes a Strong Application

This is where you can really stand out. A few things that make a difference:

- Think about what caring has taught you - organisation, empathy, problem solving - and write that down. These are real, valuable skills
- Tailor your CV to each apprenticeship rather than sending the same one everywhere
- Ask someone you trust to read your application before you send it

- Be upfront about the hours you're able to commit to; the right employer will appreciate your honesty

Event Planner

Upcoming Daytime Discos!

If you are aged 55+ - why not come along to one of Age UK Wiltshire's Daytime Discos? These popular discos are FREE, accessible and relaxed afternoons of music and socialising for everyone who loves a good tune - whether you want to tear up the dancefloor or just sit back and enjoy the music!

No need to book – just turn up! We can't wait to see you there!

Swindon

Friday 13th March 2026

2:00pm – 4:00pm

Legends Bar, Swindon Football Club,
County Ground, County Road,
Swindon, SN1 2ED

Devizes

Friday 27th March 2026

2:00pm – 4:00pm

Ceres Hall, Corn Exchange, 1 The
Market Place, Devizes, Wiltshire,
SN10 1HS



Swindon Football Club

County Ground, County Road, Swindon, SN1 2ED

Friday 13th March
2pm - 4pm

**FREE
ENTRY!**

Our Daytime Discos are open to everyone aged 55+

They offer a chance to enjoy music from the 50s, 60s, 70s and 80s, and are the perfect place to have fun and socialise!

Our accessible venue has a licensed bar, free tea/coffee/squash and plenty of space to dance the afternoon away, or just sit and listen to the music.

Safety considerations: Hall capacity: 300. Doors will open at 1.45pm, please queue outside if you arrive early. If you are coming as a group, please try to arrive together to ensure you all get in. Capacity limits are in place to keep everyone safe and to meet legal requirements, so please be kind to our staff and volunteers. Please do not bring your own alcohol to the Disco.

No need to book, just come along on the day!



Come and join the party!

Find out more: Tel: 07754 612569 Email: fitnessandfriendship@ageukwiltshire.org.uk



Devizes Corn Exchange

Ceres Hall, Corn Exchange, 1 The Market
Place, Devizes, Wiltshire, SN10 1HS

Friday 27th March
2pm - 4pm

**FREE
ENTRY!**

Our Daytime Discos are open to everyone aged 55+

They offer a chance to enjoy music from the 50s, 60s, 70s and 80s, and are the perfect place to have fun and socialise!

Our accessible venue has a licensed bar, free tea/coffee/squash and plenty of space to dance the afternoon away, or just sit and listen to the music.

Safety considerations: Hall capacity: 300. Doors will open at 1.45pm, please queue outside if you arrive early. If you are coming as a group, please try to arrive together to ensure you all get in. Capacity limits are in place to keep everyone safe and to meet legal requirements, so please be kind to our staff and volunteers. Please do not bring your own alcohol to the Disco.

No need to book, just come along on the day!



Come and join the party!

Find out more: Tel: 07754 612569 Email: fitnessandfriendship@ageukwiltshire.org.uk

[View our Events page](#)

Spring Carer Events List

Amesbury Carer Café

Weds 18th March at 2 - 4pm
Community Room Bowman Centre,
Shears Drive, Amesbury

Bradford on Avon Carer Café

Thurs 26th March at 10.30am - 12pm
Thurs 23rd April at 10.30am - 12pm
Thurs 28th May at 10.30am - 12pm
Timbrells Yard, 49 St Margaret's
Street, Bradford on Avon BA15 1DE

Broad Chalke Carer Café

Weds 11th March at 2 - 4pm
Weds 8th April at 2 - 4pm
Weds 13th May at 2 - 4pm
The Chapel, High Road, Broad
Chalke, Wiltshire

Calne Carer Café - Formerly run by Carer Support Wiltshire

Tues 14th April at 10.30am - 12pm
Tues 12th May at 10.30am - 12pm
Lansdowne Strand Hotel, The Strand,
Calne SN11 0EH

Carer Corner Salisbury

Tues 10th March at 7 - 9pm
Tues 7th April at 7 - 9pm
Riverside Sanctuary, 2 Watt Road,
Salisbury, Wiltshire

Chippenham Carer Café

Mon 16th March at 10.30am - 12pm
Mon 20th April at 10.30am - 12pm
Mon 18th May at 10.30am - 12pm
Angel Hotel, Market Place,
Chippenham

Corsham Carer Café

Thurs 19th March at 10.30am - 12pm
Thurs 16th April at 10.30am - 12pm
Thurs 21st May at 10.30am - 12pm

Parent Carer Virtual Group

Thurs 26th March at 7 - 8pm
Thurs 23rd April at 7 - 8pm
Thurs 21st May at 7 - 8pm
Online

Pewsey Carer Café

Tues 7th April at 10.30am - 12pm
Tues 5th May at 10.30am - 12pm
The Wesley Hall, Pewsey Methodist
Church, 35 North St, Pewsey SN9
5ES

Royal Wootton Bassett Carer Café

Tues 7th April at 10.30am - 12pm
Tues 5th May at 10.30am - 12pm
Dandelion Gifts & Coffee Shop,
49 High St, Royal Wootton Bassett,
SN4 7AQ

Salisbury Carer Café

Tues 17th March at 2 - 3.30pm
Tues 21st April at 2 - 3.30pm
Tues 19th May at 2 - 3.30pm
The White Hart Hotel, St John's
Street, Salisbury, Wiltshire

Salisbury Parent Carer Group

Weds 1st April at 10.30am - 12pm
(Cared-fors welcome at this session)
Weds 6th May at 10.30am - 12pm
Cosy Club 49 New St, Salisbury

Salisbury Mental Health Café with Avon & Wiltshire Mental Health Partnership - Formerly run by Carer Support Wiltshire

Weds 22nd April at 10am - 12pm
Weds 27th May at 10am - 12pm
The White Hart Hotel, St John's
Street, Salisbury SP1 2SD

Tidworth Carer Café

Weds 11th March at 2 - 4pm

The Methuen Arms, 2 High St,
Corsham, Wiltshire

Corsham (Rudloe) Carer Café

Thurs 26th March at 10.30am - 12pm
Thurs 24th April at 10.30am - 12pm
Thurs 28th May at 10.30am - 12pm
Dandelion Coffee House, Portal Ave,
Corsham SN13 0LQ

Devizes Carer Café

Weds 1st April at 10.30am - 12pm
Weds 6th May at 10.30am - 12pm
The Bear Hotel, 2-3 The Market
Place, Devizes

Devizes Parent Carer Group

Weds 18th March at 10.30am - 12pm
Weds 15th April at 10.30am - 12pm
Weds 20th May at 10.30am - 12pm
The Bear Hotel, 2-3 The Market
Place, Devizes

**Ludgershall Carer Café - Formerly
run by Carer Support Wiltshire**

Tues 7th April at 3 - 4.30pm
Tues 5th May at 3 - 4.30pm
The Queen's Head, 32 High St,
Ludgershall, Andover SP11 9PZ

Malmesbury Carer Café

Thurs 26th March at 10.30am - 12pm
Thurs 23rd April at 10.30am - 12pm
Thurs 28th May at 10.30am - 12pm
Malmesbury Abbey, Gloucester St,
Malmesbury SN16 0AA

Marlborough Carer Café

Tues 26th March at 10.30am - 12pm
Tues 24th April at 10.30am - 12pm
Tues 28th May at 10.30am - 12pm
St. Peter's Church Coffee Shop High
St, Marlborough

Melksham Carer Café

Thurs 2nd April at 10.30am - 12pm

Ezra's Diner, Tidworth Civic Centre,
Wylle Road

Tisbury Carer Café

Tues 24th March at 10.30am - 12pm
Tues 28th April at 10.30am - 12pm
Tues 26th May at 10.30am - 12pm
Harry's - On the Square, The Square,
High Street, Tisbury

Trowbridge Carer Café

Mon 16th March at 2 - 3.30pm
Mon 20th April at 2 - 3.30pm
Mon 18th May at 2 - 3.30pm
St. John's Parish Centre, 2 Wingfield
Road, Trowbridge, Wiltshire

**Trowbridge Mental Health Café
with Avon & Wiltshire Mental
Health Partnership - Formerly run
by Carer Support Wiltshire**

Thurs 9th April at 10.30am - 12pm
Thurs 14th May at 10.30am - 12pm
St John's Parish Centre, 2 Wingfield
Road, Trowbridge BA14 9EA

Trowbridge Parent Carer Group

Mon 27th April at 10.30am - 12pm
Mon 1st June at 10.30am - 12pm
Cesars Coffee 29 The Gateway,
Bythesea Rd, BA14 8FZ

**Warminster Carer Café - Formerly
run by Carer Support Wiltshire**

Dates TBC
Henford House Care Home, Lower
Marsh Road, Warminster, BA12 9PB

**Westbury Carer Café - Formerly
run by Carer Support Wiltshire**

Dates TBC
Westbury Methodist Church, Station
Road, Westbury BA13 3JL

Whiteparish Carer Café

Tues 17th March at 2 - 3.30pm

Thurs 7th May at 10.30am - 12pm
The Kings Arms Hotel, 20 Market
Place, Melksham

Tues 21st April at 2 - 3.30pm
Tues 19th May at 2 - 3.30pm
Whiteparish Memorial Centre,
Whiteparish, Salisbury

Mere Carer Café

Mon 16th March at 2.30 - 4pm
Mon 20th April at 2.30 - 4pm
Mon 18th May at 2.30 - 4pm
Angel Corner Tea Rooms, Angel
Lane, Mere, Wiltshire

Visit our website

Carers Together Wiltshire

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

This email was sent to {{contact.EMAIL}}

You've received this email because you've subscribed to our newsletter.

[Unsubscribe](#)

