

## Carer News and Updates

### Sandwich Carers: Caring from both sides

Many unpaid Carers find themselves caught in the middle of two important responsibilities: supporting ageing parents or relatives while still caring for their own children or grandchildren. These Carers are often referred to as "sandwich Carers" because they are squeezed between the needs of different generations.

Being a sandwich Carer can be incredibly rewarding, but it can also bring unique challenges. Balancing school runs, homework, family commitments and work responsibilities alongside supporting an older relative can leave little time for yourself. Many sandwich Carers tell us they feel pulled in multiple directions, juggling competing priorities while trying to ensure everyone is cared for. If this sounds familiar, you're not alone and it is important to remember that support is available.

One of the greatest strengths of caring across generations is the opportunity to bring people together. Different generations have so much to learn from one another. Older people can share skills, wisdom and life experiences, while younger generations bring fresh ideas, energy and new perspectives.

This is exactly what we hope to celebrate at the Calne Connection Festival, our exciting intergenerational community event taking place on Saturday 19th September. The festival is designed to bring people of all ages together through a wide range of activities, workshops, entertainment and community experiences.



**Saturday 19th Sept 2026**  
**CALNE CONNECTION**  
**FESTIVAL**

**Where every generation has something to share or learn.**

Cafe provided by The Calne Lions

**JOIN THE HEART OF CALNE FOR AN INTERGENERATIONAL CELEBRATION.**

A welcoming, creative environment where people of all ages can connect, explore new experiences, share skills, and enjoy being part of something together in our community.

For sandwich Carers in particular, it is a chance to step away from day-to-day caring responsibilities, enjoy some fun together and create positive memories with the people you support.

Find out more about Calne Connection Festival and join us in bringing generations together. We look forward to seeing you there!

[Visit the Facebook Event page here](#)



## **The government has published a new plan for unpaid Carers - What does it mean for you?**

The government has published a new plan setting out how it wants to better support unpaid Carers across England. Here's what it could mean in practice:

### **Getting recognised as a Carer**

Many people caring for a loved one don't think of themselves as a "Carer" - they're just helping a partner, parent, or friend. The plan wants to change that, including a new "MyCarer" section on the NHS App, so people can more easily flag that they look after someone and manage things like appointments on their behalf.

### **Easier access to information and support**

A new government webpage is being developed to bring together clear, up-to-date guidance for Carers in one place, rather than having to search across different websites and services. There's also a "Carer Passport" scheme being refreshed, which is designed to help Carers explain their situation once to a workplace, school or health service, rather than repeating it every time.

### **Support at work**

If you're balancing paid work with caring, there are a few changes worth knowing about:

- The earnings limit for Carer's Allowance has already increased to £204 a week
- Larger employers (250+ staff) will soon need to have an action plan in place to support staff balancing work and caring responsibilities

- The government is reviewing Carer's Leave, including whether it should become paid leave

## **Support for young Carers**

Schools are being encouraged to better identify and support young Carers, including through new inspection guidance and a "young carer passport" that helps school staff understand a pupil's situation without them having to explain it repeatedly.

## **What happens next?**

Much of this plan is still being developed and rolled out over the next few years, so change won't happen overnight. But it's a step in the right direction toward unpaid Carers being taken more seriously at a national level - and Carers Together Wiltshire will keep you updated as more of this support becomes available locally.

If you'd like to talk through what support might already be available to you now, get in touch with our team on 01380 710300.

[Read the full report here](#)

## **Voice It Hear It need your opinions!**

Living with a long-term health condition in rural Wiltshire? Voice It Hear It want to hear from you.

Voice It, Hear It (VIHI) is carrying out independent engagement on behalf of the BSW Integrated Care Board to better understand the experiences of people living with long-term health conditions in rural communities.

They want to hear about what is working well, the challenges people face and what could make the biggest difference in the future.

You can take part in the wider consultation by:

- Completing the short anonymous survey
- Requesting a telephone conversation with a member of the VIHI team
- Asking for a paper questionnaire to be sent to you

All responses can be anonymous, and you can share as much or as little information as you wish.

To arrange a telephone conversation or request a paper copy, please email: [voice@communityfirst.org.uk](mailto:voice@communityfirst.org.uk)

Your experiences can help shape future priorities and services across Wiltshire.

Fill out the online form here - <https://survey.communityfirst.org.uk/zs/7aCASN>

# Parent Carer News and Updates



## Free 24/7 Bus Travel for Disabled Bus Pass Holders

From 1 April 2027, people who hold a disabled bus pass in England will be able to travel by bus free of charge, 24 hours a day, 7 days a week. The change removes current time restrictions and will help more people access work, education, healthcare and social activities, while reducing transport costs.

Find out more on the Gov.uk website

**Family Hub**  
Wiltshire Council

**All Together**  
Supporting families in Wiltshire

**Navigate SEND Together**

Are you a parent, carer or loved one of a child or young person living with SEND?

Pop in for a chat at our welcoming drop-in session. Meet other parents and carers, share experiences, and connect with the Family Navigator and Spurgeon's volunteers.

**Meet-ups are on the 2<sup>nd</sup> Monday of the month**  
Drop-in from 1.30 pm - 3.00 pm at the Wiltshire Family Hub County Hall Bythesea Road, Trowbridge BA14 8JN

\*This session is subject to change. Please see the Family Hub Facebook page for any updates.\*

Drop In - No booking required

**All Together**  
Supporting families in Wiltshire

**Spurgeon's**  
Wiltshire Council

Scan me

## Wiltshire Family Hubs - Navigate SEND Together

Pop in for a chat, meet other parents and carers, share experiences and connect with the Family Navigator and Spurgeon's volunteers.

For parents, carers or loved one of a child or young person living with SEND  
Location: Wiltshire Family Hub, County Hall, Trowbridge

Time: 1.30 pm - 3.00 pm, 2nd Monday of the Month



## Rising Stars Clubs

Inclusive Wiltshire's Rising Stars Clubs resume week commencing 7th September. The clubs provide sports and activities for young people with SEND, aged 8-16.

Sessions run on Wednesdays in Trowbridge (4.15-5pm, Trowbridge Sports Centre), Salisbury (5.00-5.55pm, Five Rivers Health and Wellbeing Centre) and Melksham (5.00-5.45pm, Berryfield Village Hall), and on Thursdays in Chippenham (5.00-5.55pm, Ladyfield Church). Further locations are planned. Cost is £3.70 per session (£22.20 per term). For more information, email [inclusiveactivities@wiltshire.gov.uk](mailto:inclusiveactivities@wiltshire.gov.uk). The programme is run by Wiltshire Council.



## Supporting My Neurodivergent Young Person (SMNYP)

Do you support a neurodivergent young person in Reception, Year 1 or Year 2?

Supporting My Neurodivergent Young Person sessions from Wiltshire Council offer a welcoming space for families to learn, share experiences and connect with others. The course explores topics including communication, sensory differences, attention and behaviour, with practical strategies and opportunities for discussion.

The next Primary KS1 course starts on Wednesday 16th September in Malmesbury and will run weekly for five weeks. There are several upcoming courses, and you can explore the timetable to find the session that works best for you.

[Find out more on the council website](#)

## Young Adult Carer News and Updates

### Youth Action Wiltshire

Young Adult Carers aged up to 25 can access free support through Community First's Youth Action Wiltshire team, including respite activities, peer mentor

training, and free transport to sessions. Find out more at [communityfirst.org.uk/yaw](https://communityfirst.org.uk/yaw)

## Get your free Carer ID Card

Wiltshire's Carer ID Card is a free, nationally recognised way to verify your caring role, and can unlock local discounts, benefits and emergency support. Apply here: [carerfriendlywiltshire.org.uk/carers-id-card](https://carerfriendlywiltshire.org.uk/carers-id-card)

# Event Planner

## Join Carers Together Wiltshire for a free Afternoon Tea for Unpaid Carers in Calne!

Take a well-deserved break and join us for a relaxing Afternoon Cream Tea at Marden House, Calne.

Wednesday 30th September 2026  
1:00pm  
Marden House, Calne, SN11 0JJ

FREE for unpaid Carers

Enjoy freshly made sandwiches, scones with clotted cream and jam, cakes, hot drinks, and the chance to connect with others who understand the caring role. Sometimes it's important to take a little time for yourself.

Booking is essential

Please call 01380 710 300 (Option 2), or email [enquiries@carerstogethertwiltshire.org.uk](mailto:enquiries@carerstogethertwiltshire.org.uk), to reserve your place and let us know of any dietary requirements.

We look forward to welcoming you for an afternoon of good company and delicious treats!

## 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! View the full list of upcoming discos on the [Age UK Wiltshire Daytime Disco Webpage](#)

## Salisbury

Friday 25th September 2026

2:00pm – 4:00pm

Salisbury Guildhall, The Market Place, Salisbury, SP1 1JH

## Tidworth

Friday 9th October 2026

2:00pm – 4:00pm

Tidworth Civic Centre, Wyllye Rd, Tidworth, SP9 7QQ



Wiltshire ageUK Let's change how we age

# Daytime DISCO

## Salisbury Guildhall

The Market Place, Salisbury, SP1 1JH

**Friday 25<sup>th</sup> September 2026**

**2pm - 4pm**

Open to everyone aged 55+

**FREE ENTRY!**

Music from the 50s, 60s, 70s and 80s  
Accessible venue  
Licensed bar and free refreshments  
Plenty of space to dance the afternoon away, or just sit and listen to the music!

No need to book, just turn up on the day!  
Venue capacity: 200  
If you are coming as a group, please try to arrive together to ensure you all get in.  
Doors open at 1.45pm, please queue outside if you arrive early.

**Get Out Get Active**  
To find out more, phone 07754 612569 or email [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk)

Wiltshire and Swindon sport **wasp**  
Funded by **Wiltshire Council**  
Funded by Tidworth Area Board

*Come and join the party!*



Wiltshire ageUK Let's change how we age

# Daytime DISCO

## Tidworth Civic Centre

Wyllye Rd, Tidworth, SP9 7QQ

**Friday 9<sup>th</sup> October 2026**

**2pm - 4pm**

Open to everyone aged 55+

**FREE ENTRY!**

Music from the 50s, 60s, 70s and 80s  
Accessible venue and free refreshments  
No bar available, you may bring your own alcohol but please drink responsibly  
Plenty of space to dance the afternoon away, or just sit and listen to the music!

No need to book, just turn up on the day!  
Venue capacity: 150  
If you are coming as a group, please try to arrive together to ensure you all get in.  
Doors open at 1.45pm, please queue outside if you arrive early.

**Get Out Get Active**  
To find out more, phone 07754 612569 or email [fitnessandfriendship@ageukwiltshire.org.uk](mailto:fitnessandfriendship@ageukwiltshire.org.uk)

Wiltshire and Swindon sport **wasp**  
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Funded by Tidworth Area Board

*Come and join the party!*

## Autumn Carer Cafés List

### Amesbury Carer Café

Weds 7th Oct at 10:30am-12pm

Weds 4th Nov at 10:30am-12pm

Weds 2nd Dec at 10:30am-12pm

The George Hotel, 19 High Street, SP4 7ET

### Bradford on Avon Carer Café

Thurs 24th Sept at 10:30am-12pm

Thurs 22nd Oct at 10:30am-12pm

Thurs 26th Nov at 10:30am-12pm

Timbrells Yard, 49 St Margaret's Street, Bradford on Avon BA15 1DE

### Pewsey Carer Café

Tues 6th Oct at 10:30am-12pm

Tues 3rd Nov at 10:30am-12pm

Tues 1st Dec at 10:30am-12pm

The Wesley Hall, Pewsey Methodist Church, 35 North St, Pewsey SN9 5ES

### Royal Wootton Bassett Carer Café

Tues 6th Oct at 10:30am-12pm

Tues 3rd Nov at 10:30am-12pm

Tues 1st Dec at 10:30am-12pm

Dandelion Gifts & Coffee Shop, 49 High St, Royal Wootton Bassett, SN4 7AQ

**Broad Chalke Carer Café**

Weds 14th Oct at 2-4pm

Weds 11th Nov at 2-4pm

Weds 9th Dec at 2-4pm

The Chapel, High Road, Broad  
Chalke, SP5 5EH

**Calne Carer Café**

Tues 13th Oct at 10:30am-12pm

Tues 10th Nov at 10:30am-12pm

Tues 8th Dec at 10:30am-12pm

Lansdowne Strand Hotel, The Strand,  
Calne SN11 0EH

**Chippenham Carer Café**

Mon 19th Oct at 10:30am-12pm

Mon 16th Nov at 10:30am-12pm

Mon 21st Dec at 10:30am-12pm

Angel Hotel, Market Place,  
Chippenham, SN15 3HD

**Corsham Carer Café**

Thurs 15th Oct at 10:30am-12pm

Thurs 19th Nov at 10:30am-12pm

Thurs 17th Dec at 10:30am-12pm

The Methuen Arms, 2 High St,  
Corsham, SN13 0HB

**Corsham (Rudloe) Carer Café**

Thurs 22nd Oct at 10:30am-12pm

Thurs 26th Nov at 10:30am-12pm

Dandelion Coffee House, Portal Ave,  
Corsham SN13 0LQ

**Devizes Carer Café**

Weds 7th Oct at 10:30am-12pm

Weds 4th Nov at 10:30am-12pm

Weds 2nd Dec at 10:30am-12pm

The Bear Hotel, 2-3 The Market  
Place, Devizes, SN10 1HS

**Devizes Parent Carer Group**

Weds 16th Sept at 10:30am-12pm

(Healthwatch Wiltshire will be attending this  
session to talk about their recently  
published Parent Carer report)

Weds 21st Oct at 10:30am-12pm

**Salisbury Carer Café**

Tues 15th Sept at 2-3:30pm

Tues 20th Oct at 2-3:30pm

Tues 17th Nov at 2-3:30pm

The White Hart Hotel, St John's  
Street, Salisbury, SP1 2SD

**Salisbury Parent Carer Group**

Weds 7th Oct at 10:30am-12pm

Weds 4th Nov at 10:30am-12pm

Weds 2nd Dec at 10:30am-12pm  
Cosy Club, 49 New St, Salisbury

**Salisbury Mental Health Café with  
Avon & Wiltshire Mental Health  
Partnership**

Weds 23rd Sept at 10am-12pm

Weds 28th Oct at 10am-12pm

Weds 25th Nov at 10am-12pm

The White Hart Hotel, St John's  
Street, Salisbury SP1 2SD

**Tidworth Carer Café**

Weds 14th Oct at 2-4pm

Weds 11th Nov at 2-4pm

Weds 9th Dec at 2-4pm

Ezra's Diner, Tidworth Civic Centre,  
Wyllye Road, Tidworth, SP9 7QQ

**Tisbury Carer Café**

Tues 22nd Sept at 10:30am-12pm

Tues 27th Oct at 10:30am-12pm

Tues 24th Nov at 10:30am-12pm

Harry's - On the Square, The Square,  
High Street, Tisbury, SP3 6JP

**Trowbridge Carer Café**

Mon 19th Oct at 2-3:30pm

Mon 16th Nov at 2-3:30pm

St. John's Parish Centre, 2 Wingfield  
Road, Trowbridge, BA14 9EA

**Trowbridge Mental Health Café  
with Avon & Wiltshire Mental  
Health Partnership**

Weds 18th Nov at 10:30am-12pm  
Weds 16th Dec at 10:30am-12pm  
The Bear Hotel, 2-3 The Market  
Place, Devizes, SN10 1HS

#### **Malmesbury Carer Café**

Thurs 24th Sept at 10:30am-12pm  
Thurs 22nd Oct at 10:30am-12pm  
Thurs 26th Nov at 10:30am-12pm  
Malmesbury Abbey, Gloucester St,  
Malmesbury SN16 0AA

#### **Marlborough Carer Café**

Thurs 24th Sept at 10:30am-12pm  
Thurs 22nd Oct at 10:30am-12pm  
Thurs 26th Nov at 10:30am-12pm  
Thurs 17th Dec at 10:30am-12pm  
St. Peter's Church Coffee Shop, High  
St, Marlborough, SN8 1HQ

#### **Melksham Carer Café**

Thurs 1st Oct at 10:30am-12pm  
Thurs 5th Nov at 10:30am-12pm  
Thurs 3rd Dec at 10:30am-12pm  
The Kings Arms Hotel, 20 Market  
Place, Melksham, SN12 6EX

#### **Mere Carer Café**

Mon 21st Sept at 2.30- 4pm  
Mon 19th Oct at 2.30-4pm  
Mon 16th Nov at 2.30- 4pm  
Angel Corner Tea Rooms, Angel  
Lane, Mere, BA12 6DH

#### **Parent Carer Virtual Group**

Thurs 24th Sept at 7-8pm  
Thurs 22nd Oct at 7-8pm  
Thurs 26th Nov at 7-8pm  
Thurs 17th Dec at 7-8pm  
Online

Thurs 8th Oct at 10:30am-12pm  
Thurs 12th Nov at 10:30am-12pm  
Thurs 10th Dec at 10:30am-12pm  
St John's Parish Centre, 2 Wingfield  
Road, Trowbridge BA14 9EA

#### **Trowbridge Parent Carer Group**

Mon 5th Oct at 10:30am-12pm  
Mon 2nd Nov at 10:30am-12pm  
Mon 7th Dec at 10:30am-12pm  
Cesars Coffee 29 The Gateway,  
Bythesea Rd, BA14 8FZ

#### **Warminster Carer Café**

Mon 21st Sept at 10:30am-12pm  
Mon 19th Oct at 10:30am-12pm  
Mon 16th Nov at 10:30am-12pm  
Mon 21st Dec at 10:30am-12pm  
Barchester Henford House Care  
Home, Lower Marsh Road,  
Warminster, BA12 9PB

#### **Westbury Carer Café**

Mon 12th Oct at 2-3:30pm  
Mon 9th Nov at 2-3:30pm  
Mon 14th Dec at 2-3:30pm  
Westbury Methodist Church, Station  
Road, Westbury BA13 3JL

#### **Whiteparish Carer Café**

Tues 15th Sept at 2-3:30pm  
Tues 20th Oct at 2-3:30pm  
Tues 17th Nov at 2-3:30pm  
Tues 15th Dec at 2-3:30pm  
Whiteparish Memorial Centre,  
Whiteparish, Salisbury SP5 2SU

[View our Events page](#)

Visit our website

## Carers Together Wiltshire

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

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