



Carer Support Wiltshire



Newsletter Autumn/Winter 2019

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Hello from our Chief Executive, Judy Walker



Dear all - it is sad to say, but as I write summer is now sliding past and our thoughts turn to Autumn, to cooler days and the longer darker evenings of winter.

This has made me think of how we can get ready for this, and perhaps counter some of the downside many experience at this time. I have seen adverts out for flu jabs, and your GP surgery will no doubt send out an invitation for this if you are registered as a carer with them.

The longer evenings can sometimes give, or exacerbate, a sense of isolation, and Carer Support Wiltshire can help. If you don't already attend them, our carer cafes and support groups offer a chance to meet other carers. These happen around the county. Our website has the latest dates and venues - look under 'Help and support for carers'. There you will also find information about our Autumn Carers Training and Education Programme, which provides opportunities to learn new or refresh skills that will help you in your caring role. Some courses are also available online.

Now is also a good time to ensure that you will be able to keep warm and safe as it gets colder, by making sure you have all the benefits you are entitled to. Contact Citizens Advice Wiltshire on **0344 411 444** for help with this.

So, keep warm and safe, and stay connected!

With best wishes - **Judy**

Carer Support Wiltshire is a local charity providing support to carers in Wiltshire.

A carer is someone who provides unpaid support to a family member or friend who could not always manage without their help.

We help carers, including young carers and young adult carers, to access the information, support, training and breaks they need to continue in their caring role. We work with organisations, employers, and health and social care professionals to help raise awareness of and support carers.

To find out more visit www.carersupportwiltshire.co.uk

If you look after someone and would like to find out about the support available ring 0800 181 4118.

Connecting our communities

Our team of Community Connectors work with the local authority, GP surgeries, hospitals and hospices, local health and wellbeing boards and voluntary organisations to identify and support carers to access the services they need. There are six Community Connector areas in Wiltshire, each supporting around three local community areas.

Our Community Connectors are:



■ *Diana James*
Warminster and South West Wilts



▲ *India Sutton*
Tidworth, South Wilts,
Amesbury and Salisbury



◆ *Alison Millar*
Melksham, Trowbridge
and Westbury



● *Jemma Pearson & Samantha Langton*
Chippenham,
Corsham and
Bradford on Avon

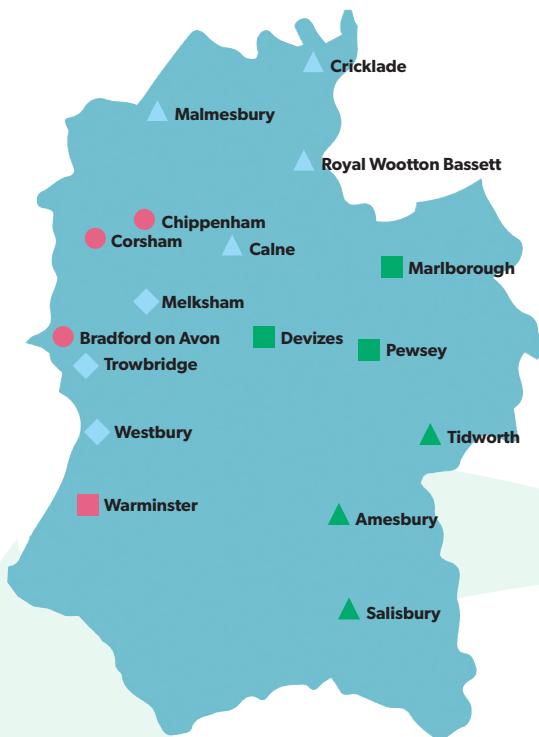


■ *Julian Pugsley*
Devizes, Marlborough and
Pewsey



▲ *Ashley Harris*
Malmesbury, Cricklade,
Calne and Royal Wootton Bassett

To talk to yours contact us on
0800 181 4118.



Time for Carers – giving carers the gift of time

Becoming a carer can change your life. Often, you won't have the time that you had before to do what you enjoy and be yourself. Time for Carers is a campaign run by Carer Support Wiltshire that is devoted to giving carers the gift of **time** - our most precious commodity.

Time for Carers empowers carers to take a break, spend quality time with friends, take up a hobby, visit a local event or loved-one, learn a new skill, or even just relax and sit quietly for a while.

Last year we saw incredible support for this cause, and helped close to 100 carers take the time they needed to improve their health and wellbeing.

Nikola's Story

Nikola Bishop from Salisbury cares for her two sons, both were born prematurely and suffered brain bleeds. As a result, both have ADHD and Jenson is autistic. Time for Carers gave the family a rare opportunity to enjoy a day at Paultons Park, which Nikola says was "**a day out we could all enjoy**".

"We had passes that meant we didn't have to queue and it was just something fun for all of us. The boys had a great day and I could relax a bit while they were enjoying the rides".

This year we are hoping to raise £30,000 to carry on helping carers like Nikola, and to say thank you for the incredible work that they do.

Get involved!

As a carer yourself, you might know first-hand the difference a bit of time-out can make. Please do get involved and help us raise support and funds for this incredible cause.



1. Spread the word!

Share this article with your friends, families, groups, and clubs to help raise awareness and support.

2. Fundraise

Get creative and have fun with fundraising! Here are just a few ideas:

- Walk, run, swim, cycle or (if you're brave) roller-skate and ask your friends to sponsor you
- Organise a raffle, auction, and quiz or bingo night and ask for prize donations
- Host a charity film night, coffee morning or your own Come Dine With Me!

If you'd like to organise or take part in an event and would like support from our fundraising team, email us at fundraising@carersupportwiltshire.co.uk.



3. Donate

Make a donation on our dedicated **Time for Carers JustGiving page**.

[justgiving.com/campaign/timeforcarers2019](https://www.justgiving.com/campaign/timeforcarers2019)

Search for 'Time for Carers' on www.justgiving.com. Or scan this QR code with your smartphone and go straight to this page.



Government funding to help Wiltshire carers back into work

Thanks to new funding from the Government Equalities Office, Carer Support Wiltshire are launching a programme to help carers back into work.



3 in 5 people will care for a family member or loved one at some point in their lives and that often means taking an extended break from work. There are 315,000 working age carers who have left work and remain unemployed (London School of Economics).

The Returners Fund will offer a reintroduction to the workplace for those in need of help resuming their careers. It will provide support and tools to address issues such as confidence as well as updating industry-specific knowledge.

We will also work in partnership with employers and the programme will offer the opportunities for them to access a largely untapped pool of experienced and motivated individuals who are keen to get back to their profession. Carer Support Wiltshire already works with employers to improve workplace support for carers in employment through our Working for Carers business programme.



MP for Devizes Claire Perry said:

"I know from my regular meetings with local businesses that finding people with the right skills is still a challenge for many of these employers and I welcome this new initiative which will help to fill these gaps, whilst supporting those who have given up their careers to care for another, to return to skilled and fulfilling work."

If the Returners Programme could help you, register to receive more information by visiting carersbacktowork.co.uk.

Awards for GP practices going above and beyond for carers

28 GP practices in Wiltshire received a Platinum award at our Investors in Carers GP accreditation awards in July – up from 17 last year. Many more were recognised for doing very good work for unpaid carers.

To gain accreditation, surgeries must meet a number of requirements, including maintaining an up-to-date carer's register,

having a carers lead, providing flexible appointments for carers and holding a minimum of one carers' clinic per year. The clinics are run in partnership with our Community Connector team.

According to a recent State of Caring Survey 2019, conducted by Carers UK of over 7,500 carers, 72% of carers responding said they had suffered mental ill health as a result of caring and 61% reported physical ill health as a result of caring. Almost two-thirds of carers (64%) say they have focused on the care needs of the person they care for and not on their own needs.

GP Practices continue to be the main source of referrals to CSW and are often the first point for a carer to acknowledge their caring role and access support.



New carer cafes in Amesbury and Bradford on Avon

Our carer cafes take place at venues every month across the county and are widely attended by carers. They are a

friendly space to meet with other carers and share information, advice and just an understanding of the issues around caring. But also just the chance to get out and socialise over a hot drink and cakes.

We're pleased to have launched two new carer cafes in Amesbury and Bradford on Avon and will be starting a new creative carers group in Warminster in the autumn. Refer to your What's On guide for details or visit carersupportwiltshire.co.uk/whats-on for an up-to-date list of upcoming events.



Get your free flu jab

As a carer you are entitled to receive the flu jab this winter. It is recommended that you get vaccinated every winter to make sure you are protected against new flu viruses.



Get in touch with your GP practice and tell them you care for someone to get booked in for your jab.

£1500 award to help young adult carers

We have a dedicated team working with young adult carers – a group that often faces specific challenges. We were delighted to recently be awarded £1500 by the Carers Trust, raised by the Quilter Foundation, to spend on young adult carers, helping them to stay in education or find work.

One of our young adult carers was in the news recently when A level results were published. Hannah Shearman, 20, from Chippenham is currently studying special effects make up for film and TV at The University of Bolton. She grew up doing everything for her mum, who has learning difficulties.

"I always knew I was different to other kids – they had different relationships with their parents than I did. I shut myself out so people thought I was fine and didn't know what was going on. It wasn't until I was at sixth form that I was able to say 'I'm not really okay. I need some help'. That's when Carer Support Wiltshire became involved, and Andrea, and when things started to get better."

Andrea, one of our young adult carer support workers, says: "We are so proud of Hannah. Many young adult carers feel they can't go onto higher education. They don't know who will look after their loved one. We can help make that path to university much easier, for example by helping apply for student finance, assisting with the cost of attending open days and liaising with the university to make sure they will be supported once they get there."

Contact us if you, or someone you know, is a young adult carer. You don't have to be someone's only carer or their primary carer to qualify for help.



Volunteering to help others (and yourself!)

Over the summer we held a thank you afternoon for our volunteers at Iford Manor – it was a lovely afternoon spent having an afternoon tea and a tour of the gardens there. Most importantly it was an opportunity for us to thank the people who keep Carer Support Wiltshire running, by giving their time to run carer cafes and support groups, provide admin support, take photographs and much more.

Volunteers are vital to our organisation but we also hear from many of our volunteers – most of them former carers – how much volunteering helps them too.

Jan Lawrence from Devizes, was a carer to her partner who was diagnosed with cancer of the larynx, until he died in

2013. She gave up work after 30 years in the workplace in order to care for him full time. Her social network began to shrink and she experienced loneliness and isolation.

"It never occurred to me that other carers were going through the same problems, as I had never met anybody else who was doing the same thing," she says. "If I had had contact with others carers I would not have felt so isolated and I think this probably happens a lot. People who are non-carers need to know how difficult it can be caring for someone. Just doing small things for a carer can help a lot."

"I became a volunteer for Carer Support Wiltshire because I felt I could help carers, using my past experiences. Very often all that is needed is a sympathetic ear and somebody who knows the difficulties they are having."

If you'd like to find out more about volunteering for us and our current vacancies, visit carersupportwiltshire.co.uk/get-involved/volunteer, email volunteer@carersupportwiltshire.co.uk or call us on 0800 181 4118.



New services for carers at community hospitals

We've been working with Chippenham, Savernake and Warminster community hospitals on new carer services and we're pleased that all now offer monthly carers cafes (for details see our website or What's On guide), a Carer's Passport scheme, carers information service and are signed up to John's Campaign, which recognises the rights of carers to stay with their cared for if they suffer with dementia, confusion or other complex needs and find it hard to cope in difficult situations.



Carers Emergency Card

The Carers Emergency Card (CEC) scheme is an initiative run by Wiltshire Council and managed by Carer Support Wiltshire. It offers peace of mind and reassurance that things will be taken care of in case of accident or emergency. The card is available to carers aged 18 or over.

**To get your card, visit our website and complete the online form
or call us on 0800 181 4118.**

Keep In Touch

Find out more at www.carersupportwiltshire.co.uk

www.carersupportwiltshire.co.uk/young-carers

www.workingforcarers.co.uk www.yacbook.co.uk

Follow us



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@YACbook



www.facebook.com/carerswiltshire

www.facebook.com/YACwiltshire

(our young adult carers Facebook page)



You can find Carer Support Wiltshire and YACbook on Instagram

If you require large print or audio format simply contact us
on 0800 181 4118 or send a quick email to
admin@carersupportwiltshire.co.uk

Contact Us

If you are a carer you can contact us on Freephone: **0800 181 4118**

For all other enquiries: **01380 871690**

Social Care out of hours emergency duty number: **0300 456 0100**

Email: admin@carersupportwiltshire.co.uk

With kind thanks to our principal funders....

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Carer Support Wiltshire, Independent Living Centre, St George's Road, Semington, Trowbridge, Wiltshire BA14 6JQ and at 15 New Street, Salisbury, Wiltshire SP1 2PH

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