



offers...

- Someone to listen
- Advice and information
- The chance to meet other Carers
- A home visit if you'd like
- Signposting to other specialist agencies
- Regular newsletters
- Opportunities to take a free break

**WE ARE A FREE &
CONFIDENTIAL SERVICE**



Can we help you?

FREEPHONE

0800 181 4118

Can you help us?

If you would like to support our work
please send a cheque made payable to
Carer Support Wiltshire or give us a call

www.carersinwiltshire.co.uk

Tel: 01380 871690 Fax: 01380 871758
admin@carersinwiltshire.co.uk

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

Open Monday-Friday 09:00-16:30

Principal Funders: Wiltshire Council, NHS Wiltshire,
Big Lottery Fund, Carers Trust, People's Health
Trust, Armed Forces Community Covenant

Registered Charity No. 1092762
Company Ltd by Guarantee 4415685



*"there's always someone
with lots of experience at
the end of the phone..."*

*"...changed my life
around"*



Freephone: 0800 181 4118

WHO ARE YOU?

You are a parent, a child, a partner, a neighbour or a friend. But if you are doing more than the 'norm' for someone then you are also a Carer.

You might be helping with everyday household tasks, preparing their meals, making appointments for them, helping with tablets or other treatments. Perhaps you have to help them get dressed and carry out day to day things that most of us take for granted. You may be giving them this care and support 24/7.

WHO ARE WE?

Carer Support Wiltshire is an independent charity established to provide support to Carers living in Wiltshire.

Caring can be difficult and frustrating and we understand that sometimes Carers need to tell someone about these feelings.

We aim to identify and help as many Carers as possible.



A Carer is...

'Someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, substance misuse, eating disorder or disability.'

WHAT WE DO

We employ specialist Carer Support Workers who provide confidential information and advice about caring matters and one-to-one support.

In addition, we offer opportunities for breaks from the caring role.

Other free services include:

- A Carers Information Pack
- A regular newsletter with updates and articles of interest
- An interactive website with news updates and useful information
- Complementary Therapies for relaxation
- Social outings and activities for some 'me' time
- Befriending Services
- Regular meetings and groups
- Carer involvement in service planning and consultation
- Education and training sessions
- Volunteering opportunities
- Partnership working with other organisations to meet the needs of Carers, e.g. Benefits, GP surgeries
- Access to counselling