

## Our free confidential service includes:

- An initial phone call so that we can take your details and work out how we can help you
- Information about the services and funding that are relevant to you
- Access to one to one and group support as well as training opportunities
- The chance to take a break and meet with other carers at 'time out' activities, such as cafés and social events
- Regular news and information both online and through our newsletter
- A Carer Assessment appropriate to your needs
- A Carer Emergency Card, which gives peace of mind should anything happen to you
- Opportunities to get involved through shaping services and volunteering



## How to find out more

**Freephone: 0800 181 4118**

Monday - Friday 9:00am - 4:30pm

**Email: [admin@carersinwiltshire.co.uk](mailto:admin@carersinwiltshire.co.uk)**

**Visit: [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk)**

We have offices at

**Independent Living Centre, St. George's Road, Semington, Trowbridge BA14 6JQ**

and

**15 New Street, Salisbury SP1 2PH**

**Tel: 01380 871690 Fax: 01380 871758**

**Carer Support Wiltshire is an independent charity. We are reliant on the support of our principal funders:**



**Carers at the heart of all we do**



**If you care for somebody, Carer Support Wiltshire is here to make sure you get the information and support you are entitled to.**



**Registered Charity No. 1092762  
Company Ltd. by Guarantee 4415685**

**Freephone: 0800 181 4118**

## Are you a carer?

A carer is someone who helps another person in their day to day life, usually a relative or friend, who could not manage without that support. This is not the same as someone who provides care professionally or through a voluntary organisation.

The support carers provide varies widely. Some carers might help with everyday household tasks like shopping, cleaning and cooking. Some might be organising medical appointments, as well as helping with medication or treatment. Many carers provide personal care and help with mobility. All of this can be very physically demanding.

Often the caring role is largely unseen. For example, it may not be obvious that you're a carer if the person you care for has poor mental health and you are providing emotional support. Equally, others might not know that you are helping someone who has cognitive problems. But we know that providing this sort of support can be just as stressful as providing physical support.

Of course, many carers provide all these types of support, and many are looking after more than one person.

Some carers are able to juggle their caring role within their broader lives, but for others, the caring role really takes over. Carers often feel they just can't take a break as the person they look after can't be left alone.

## Why does it matter?

Many people don't see themselves as carers. They just take their caring role for granted as part of their natural responsibilities as a spouse, parent, daughter or son. As a result, they miss out on the support that is available.

Looking after someone can be exhausting and stressful. But it's really important for carers to find the time to look after themselves too. Carer Support Wiltshire is passionate about enabling carers to maintain and improve their health and well-being. After all, you can't look after the person you love if you reach breaking point.

So if you are a carer, please consider registering with Carer Support Wiltshire. And remember to let your GP know that you're a carer too!



Carers having a chat while doing some arts and craft at one of our regular groups



## To register with us:

You can visit [carersinwiltshire.co.uk](http://carersinwiltshire.co.uk) and click on 'Register' towards the top right of the screen to register via our website.

Alternatively, if you find pen and paper easier, please detach and fill in this form.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Please tick the box to give consent for us to hold your details on our systems. (Ticking the box does not mean we will share your data)

☐

### Please return this form to:

Carer Support Wiltshire  
Independent Living Centre  
St. George's Road, Semington  
Trowbridge, BA14 6JQ

**We aim to contact you by phone within two weeks of receiving this form.**

Follow our updates online



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