

Once registered with Carer Support Wiltshire our services include:

- Support, information and advice
- Free courses to help you in your caring role
- Days out and hobby groups
- Pampering and complementary therapy sessions
- Friendly Support Groups and Carer Cafes provide an opportunity to compare notes and learn from the experiences of other carers.
- One-to-one support and befriending if needed
- Opportunities to get involved and shape services
- Specialist support for those serving in the military
- Our newsletter, what's on guide and monthly Carers News e-newsletter will keep you up to date with news, what's on and services available
- Being part of a social community with our Facebook and Twitter pages
- If your loved one passes away we will continue to help you for up to 18 months

If you are under 18 or you know of a young person or child looking after a loved one, our young adult carer and young carer teams can help. Contact us to find out more.

We care because you do

Contact Us

Freephone: 0800 181 4118

Email: admin@carersupportwiltshire.co.uk

www.carersupportwiltshire.co.uk

Follow us on Facebook & Twitter



@carerswiltshire



www.facebook.com/carerswiltshire

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



Carer Support Wiltshire

Do you look after or help to look after someone who couldn't always manage without you?



Registered Charity No. 1092762
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Are you helping someone with everyday household tasks like shopping or cooking, or organising and transporting someone to medical appointments? You may also be helping with medication and treatment or personal care and help with mobility, or you may be providing emotional support.

You may be a mother, husband, grandfather, daughter or friend to this person. You may also be a carer.

A carer is anyone who cares, unpaid, for a family member or friend who could not always manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse. This is not the same as someone who provides care professionally or through a voluntary organisation.



You might not think of yourself as a carer and think that what you do is just part of being a parent, spouse, good friend or sibling. As a result you might miss out on the support that is available.

Why does it matter?

Looking after someone can be a positive and rewarding experience, but it can also be exhausting, stressful and isolating. You may find it hard juggling work with your caring role or have had to give up altogether. Many carers feel that they can't take a break because the person they look after can't be left alone. Caring for someone may also have a negative impact on your relationships with family and friends, finances and health.



We care because you do

Carer Support Wiltshire is a local charity that supports carers in Wiltshire.

We recognise each person's circumstances are unique to them and it's really important you receive the right support for your situation. We can help.

All you have to do is register with us by calling 0800 181 4118 or go online at www.carersupportwiltshire.co.uk.

What happens next?

Once registered with us we will contact you to talk about your situation. An initial assessment will help us to work out what can be done to make life easier for you. We can have this conversation over the phone, face to face, at your GP surgery or somewhere that's right for you. We will then work with you, health and social care providers, and colleagues in other charities across Wiltshire to find the support that's right for you.

Have you registered with your GP?

Many GP surgeries offer Carers Clinics where you can go along for routine health checks. Ask your local surgery to see if they have one. If you haven't registered as a carer with your GP, it's a good idea to do so as soon as you can.