

Report for Salisbury Area Board from Helen Dowse, Carers Champion for Salisbury March 2022

Health and Wellbeing Grant

The funding was to provide some on line activities for unpaid carers over the various lockdown periods until we were able to meet face to face again. I am pleased to say we ran **5** events on line –

The titles were Wildlife Photography, Poetry, Art Appreciation, Get Connected with your IT, and Story, Story, Story. We had **25** carers attending and were able to also share a couple of the talks with **12** residents at Avonborne Care Centre. The talks were much appreciated by those who attended. Some speakers donated their time which was very generous of them.

I was assisted in the online talks by the administrator for Safer and Supportive Salisbury who kindly funded the time for me.

Once lockdown was lifted, I was able to plan **2** lunches for our unpaid carers to have an opportunity to chat to others and enjoy some Christmas festivities. **21** Carers and **3** volunteers including myself had lunch at the Pantry Partnership with musical entertainment kindly given by Celebrating Age Wiltshire. We also had some goodie bags containing small craft gifts from Art Care and other items donated by Tesco, Irene Kohler, The Pantry Partnership and Stephen and Helen Dowse.

Here is some lovely feedback.

Just a short note to say how much I enjoyed the Christmas Lunch today and to thank you and all those involved in organising the event. Very much appreciated.

Many thanks Helen for the Lunch you arranged and which we all enjoyed. The cooks did a splendid job. It was a pleasant change to be eating in a group rather than solitary meals

I would like to thank everyone who was involved in producing today's fabulous lunch. It was a really tasty meal & a lovely friendly environment & atmosphere.

A little late, but just to say thank you for organising the meal - most enjoyable. It was good for Axxxxxx to be out of the house and to meet up with other people.

I was able through a very generous offer from Wiltshire Creative via a Salisbury City Community Officer, to offer a Young Carer and his mother a free place at the Pantomime – he told me he felt like royalty!!

I have some funds still available so I am planning a Tea party with musical entertainment at Harnham Parish Hall on Tuesday 15th March and will be inviting between 30 and 40 unpaid carers and older people who are on their own or feel isolated. This time Rebecca Seymour and Art Care are kindly donating some musical entertainment for us and the Pantry Partnership will be providing a take home supper for a small charge per head.

Other Activities for Carers Champion

Regular Contribution to Safer and Supportive Salisbury Newsletter for all matters health and social care related.

Support for some 30 Unpaid carers online, by phone, by email.

Active on Social media sharing information from trusted sources relating to carers and those in need

Hospital liaison and Hospital Carers Café attendance when possible – hope to reopen in March

Regular Attendance at Carers Cafes and Support groups in Salisbury to talk to carers

Supporting Military connections in the City with DMWS at Salisbury hospital and attendance at Salisbury and Amesbury Armed Forces Breakfast Club Brew and Banter sessions and attendance at South West Allied Services group quarterly meeting.

Membership of various NHS networks supporting Unpaid Carers including South West Carers Hub with NHS England/NHS Improvement. I cascade information to GP practices etc from these groups.

Working with Social Prescribers, GP practices, Salisbury Hospital and Wiltshire Council to ensure Carers voices are heard and to offer support when I receive referrals.

Member of Carers Workstream meeting and Dementia Steering Group at SDH

I have been asked to give 3 talks on Radio Odstock about what is available for Carers in the area which I was very pleased to do.

I am on the Steering Group for Safer and Supportive Salisbury and worked closely with the team on various projects including Get Connected, Dementia support, a stall at Out and About Showcase, People in the Park, and Silver Salisbury.

I am grateful for the support of the Community Engagement Manager and others to enable me to continue to support unpaid carers and raise awareness with organisations of the importance of including the unpaid carer in everything that involved the cared for person.

Helen Dowse

1/2/22