

[August 2024 86.24 d.](#)

Good afternoon,

I am contacting you from Carer Support Wiltshire carersupportwiltshire.co.uk

As you may be aware CSW is a registered charity helping unpaid carers of all ages in Wiltshire to access services, information, education, training, activities, respite and breaks from their caring role.

We ensure carers have a voice and work with health and social care professionals and employers to raise awareness of the practical and mental health struggles faced by carers and endeavour to reduce feelings of isolation and loneliness.

Our Whiteparish Peer Support Cafe is seeking new funding.

The monthly group is held at the Whiteparish Memorial Centre and remains open to all local unpaid carers, particularly those struggling with isolation and loneliness. It is an opportunity to socialise with others best placed to empathise with their situation, encouraging peer to peer support and a chance to have a small break away from their caring responsibilities in a warm, friendly environment with light refreshments.

Guest speakers and trained volunteers attend groups so there is always someone there for them to lean on for direct help and advice if they are at crisis point.

Many of our elderly carers are not confident using the internet and find the growing reliance upon tech for communications, referrals, applications etc daunting. Guidance navigating information online is a constant request we receive and something we can help them with at these groups, learning and sharing skills together.

We often provide extra activities at these cafes, taking the group for Christmas lunch, Easter Egg hunts and other trips or activities throughout the year along with their cared for.

The peer support cafe remains one of the best ways for CSW to stay in touch with carers on a personal level and provides an easy approachable avenue for new carers coming forward who are perhaps reluctant to admit to their circumstances as we so often hear is the case.

We have 1923 unpaid carers registered with us in the surrounding south of Salisbury area.

The Cafe costs £1705 to run annually.

We would be thrilled if you would consider financially supporting the continued running of the group and send us a grant application form.

Many thanks.



Ruth Wilson
Community Fundraising Officer
Carer Support Wiltshire, Carer Support Dorset

