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Media release – 25/09/2020

Carer Support Wiltshire running activities especially for LGBT+ carers

Carer Support Wiltshire is organising activities for LGBT+ carers in Wiltshire. These activities aim to shine a light on LGBT+ carers, who are typically under-represented or ‘seldom heard’. All activities will take place either virtually or in a safe, socially-distanced environment.

The first activity is a Cookery ‘lunch date’ with The Farm Cookery School in Chippenham is taking place on Tuesday, 29th September, in which carers are welcome to bring a loved-one to enjoy cooking (and eating!) together. The second is a Bushcraft and Archery activity by Wiltshire Outdoor Learning Team taking place in Westbury on Saturday, 3rd October.

Finally, there will be a Performing Arts Virtual Workshop which will take place over Zoom on Sunday, 11th October. The workshop will be run by Jack and Sophie, who have recently completed an Extended Diploma in Performing Arts and are keen to share their passion and knowledge with others.

Rachael Demery, Carer Support Wiltshire’s Community Fundraising Officer said:

“At the time of the last census in 2011 and the LGBT ‘I exist’ survey from 2012, it was estimated that 1 in 10 who identified LGBT was also a carer for up to 19 hours per week. This means that there are up to 2,825 carers in Wiltshire who identify as LGBT+.

LGBT+ carers face unique challenges, especially regarding stigma and discrimination, which may cause them to feel more isolated than their peers.

With the help of funding from the Carers Trust, we hope to help LGBT+ carers in Wiltshire to feel more supported and connected. We also hope that their involvement and feedback from these activities will help shape our services in the long-term future so we can better support them’

Carer Support Wiltshire is also running events for male carers, who are often less likely to seek support if and when they need it. A bushcraft & axe-throwing activity and cookery workshop have already taken place. There are still spaces on the virtual quiz taking place on the 14th October if you would like to join.

Anyone interested in attended these events should contact Carer Support Wiltshire on 0800 118 4118 or by emailing admin@carersupportwiltshire.co.uk.

Stay up to date with the latest events we’re organising for carers on our website: <https://carersupportwiltshire.co.uk/whats-on/>

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**Media contact**

For media enquiries, please contact Kath Brice at kathb@carersupportwiltshire.co.uk | 01380 819606 or Sam Wilson at samw@carersupportwiltshire.co.uk | 01380 908026

**About Carer Support Wiltshire**

Carer Support Wiltshire is a local charity supporting carers in Wiltshire that is jointly funded by Wiltshire Council and the NHS Wiltshire Clinical Commissioning Group.

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.

There are over 47,500 carers in Wiltshire (2011 Census)

We help carers to access support, services, education and training, and breaks from their caring role. We ensure carers in Wiltshire have a voice in policy making and planning for services, and we work with health and social care professionals and employers to develop best practice. Our aim is to create carer friendly communities where carers are recognised, valued and supported.

[www.carersupportwiltshire.co.uk](http://www.carersupportwiltshire.co.uk)