

# News and Views

## A Message from the CEO of Age UK Wiltshire & Age UK Southampton

As we step into a new year, I want to take a moment to reflect on what January often brings for many older people in our community. It can feel like the longest month of all — wet, cold, and sometimes isolating. After the warmth and connection of the festive season, the return to darker days and difficult weather can be especially hard for those living alone, managing health conditions, or worried about the rising cost of staying warm and well.

At Age UK Wiltshire and Age UK Southampton, this is exactly why we exist.

Our mission is to stand beside older people when times feel toughest, offering practical help, friendly support, and a consistent reminder that no one has to face the winter months alone. Whether it's a warm space to visit, someone to speak to, advice on benefits and entitlements, help with staying active, or a simple check-in to make sure someone is safe and well — our teams and volunteers are here every day, ready to make a difference.

This month, I'd like to encourage everyone in our community to look out for older neighbours, friends, and family members. A quick call, a warm hello, or an offer of help can mean more than we realise. And if you know someone who may need a bit of extra support, please reach out — we are here to offer support.

We have lots of exciting activities planned for the year, more Daytime Discos, creative art sessions including workshops and concerts, expanding our Carer Cafes as well as offering good quality advice and wellbeing services to help people stay independent, informed and connected.

Thank you to all the supporters, partners, volunteers, and staff who make our work possible. Together, we can ensure that older people feel valued, connected, and cared for, not just in January, but throughout the entire year. If there is anything you can do to help us do more, please get in touch.

Warm wishes,

**Sarah Cardy**

Chief Executive, Age UK Wiltshire & Age UK Southampton

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## Could you help us to make Wiltshire and Swindon a great place to grow older?

We're looking for new Trustees! Age UK Wiltshire is the county's largest charity supporting older people across Wiltshire and Swindon. As a Trustee, you'll play a vital role in shaping our strategy and overseeing the direction of the charity.

The role is unpaid but offers valuable experience, leadership development, and the chance to be part of a dedicated team making a real difference to the lives of older people.

We're looking for individuals with strategic vision, independent judgement, and a passion for supporting older people, who are willing to commit their time and skills to representing our organisation and values.



[Find out more and apply](#)

## Delivering peace of mind with our Wellbeing Checks with Meals service



**"Forever grateful that the team plate up my mum's meal and ensure she is sat at the table ready to eat it. Without this service she would regularly miss meals"**

Our Wellbeing Checks with Meals service brings a hot, freshly prepared lunch and dessert right to the doors of older people living in

Wiltshire and Swindon, every day of the year except Christmas Day.

But it's much more than a meal delivery. Each visit includes a friendly wellbeing check from a trained team member who becomes a familiar face. They not only make sure the meal is plated and ready to eat, they also take a moment to see how the person is doing, chat with them and check all is well. For many, this visit is a reassuring part of their day and an important point of contact.

This regular contact gives peace of mind to families and helps older people stay safe and supported in their own homes for longer. It's practical, personal and deeply appreciated - just ask the family whose mum wouldn't manage her meals without it.

**Email: [wellbeingcheckswithmeals@ageukwiltshire.org.uk](mailto:wellbeingcheckswithmeals@ageukwiltshire.org.uk)**

**Tel: 01793 279606**

[Find out more](#)

## Having a spring clean or a declutter after Christmas?

Our Age UK Wiltshire Charity Shops with Information Points need your clean, good quality clothing and homewares. For the full list of the donations we can accept and a list of drop off locations please visit our website.

[Find out more](#)



## Daytime Discos in 2026



After our amazingly attended Daytime Discos in 2025, we wanted to let you know our upcoming Disco Dates for early 2026 so you can add them to your calendar!

- Friday 30th January – 2.00pm – 4.00pm - The Great Hall, Trowbridge Town Hall, Market Street, Trowbridge, BA14 8EQ
- Friday 13th February – 2.00pm – 4.00pm - Ceres Hall, Devizes Corn Exchange, 1 The Market Place, Devizes, Wiltshire, SN10 1HS
- Friday 13th March – 2.00pm – 4.00pm - Swindon Football Club, County Ground, County Road, Swindon, SN1 2ED
- There will be another two Discos between now and the end of March – venues just being confirmed – so please keep an eye out on our social media.

**“My wife died four years ago and I haven’t done anything since. My children phoned me and encouraged me to come to the ‘Wrinkly Bop’ and I’m really pleased I did. I’ve had a great time and I’m going to look at other things to do now.”**

**- A Calne partygoer**

If you’d like to come along and experience the atmosphere for yourself, head along to your nearest disco, or keep following our socials for news!

[Find out more](#)



  
**Opera classics live concert**  
**Calne Library**  
**Wednesday 25 February, 1.45pm - 3.45pm**

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Come and enjoy a wonderful FREE concert from 2 of Wiltshire's finest musicians. Performing opera classics, musical theatre numbers and popular folk songs, Lynsey and Tim always provide a great afternoon's entertainment!

Tea and cake will be served from 2.00pm before the concert.

**To book a place at this FREE event, please contact Diane Gooch on 07770 784210 or [diane\\_e\\_gooch@yahoo.co.uk](mailto:diane_e_gooch@yahoo.co.uk)**

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[www.wiltshiremusic.org.uk/CAW](http://www.wiltshiremusic.org.uk/CAW)

## Opera Classics – A Celebrating Age event

Celebrating Age presents a wonderful afternoon of live music at Calne Library with an Opera Classics concert on Wednesday 25 February, from 1.45pm to 3.45pm. This free event features two of Wiltshire's finest musicians, Lynsey and Tim, performing a delightful mix of opera favourites, musical theatre numbers and popular folk songs.

Tea and cake will be served from 2.00pm before the concert begins, making it the perfect chance to relax and enjoy great music in good company.

To book a free place, contact Diane Gooch on 07770 784210 or email [diane\\_e\\_gooch@yahoo.co.uk](mailto:diane_e_gooch@yahoo.co.uk)

**Read our partnership organisation Carers  
Together Wiltshire's first Annual Service Report**



Carers Together Wiltshire Annual Service Report has now been released, highlighting the partnership's first year of supporting unpaid Carers across Wiltshire.

Carers Together Wiltshire is a partnership between Age UK Wiltshire, Community First, Beyond Dementia, Wiltshire Service Users Network, Citizens Advice Wiltshire and Wessex Community Action.

Working with Forward Carers and Youth Action Wiltshire, the service has helped more than 1,100 Carers access advice, guidance and practical support. The report showcases how local organisations are working together to build stronger, more carer-friendly communities.

[Read the report](#)

## New job opportunity with Carers Together Wiltshire

The Carers Together Wiltshire partnership has a new job opportunity. Community First is recruiting a Carer Coordinator to help ensure unpaid Carers across Wiltshire can access the support, guidance and services they need. This is a full-time, permanent role supporting Carers to maintain their wellbeing alongside their caring responsibilities. The closing date is 9am, Monday 2nd February.

Find out more and apply [here](#).

# Join our team

## Carer Coordinator (at Community First)

**Permanent Full time (36.5 hours) Salary  
£26,463 to £28,000 per annum, dependant on  
experience.**

Employed by Community First as part of the Carers Together Wiltshire Partnership, the Carer Coordinator plays a pivotal role in providing support, guidance, and resources to Carers. They are responsible for carrying out statutory Carers Assessments on behalf of Wiltshire Council.

They work to ensure that unpaid Carers have access to necessary support services, information, and opportunities for respite, enabling them to fulfil their unpaid caring responsibilities effectively while maintaining their own well-being.



**COMMUNITY  
FIRST**



## Where can I find out about the services Age UK Wiltshire and Age UK Southampton offer?

[Age UK Wiltshire Services](#)

[Age UK Southampton Services](#)

## Supporting our Charity



[Leave us a legacy](#)



[Support us on EasyFundraising](#)

We want to be there to ensure that people who are lonely or isolated or need us for any reason will always have us to turn to. Gifts in wills are a very effective way to enable us to continue helping older people in the local community.

[Find out more](#)

## Fundraise with us

If you are thinking of fundraising for Age UK Wiltshire, whether you are an individual, club, or company we would be delighted to hear from you.

- As an individual you may be interested in organising an event to raise funds, or take part in an organised run, cycle or walk. Your fundraising could be eligible for Gift Aid, please ask us for more details.
- As a club or group, you may decide to adopt Age UK Wiltshire as your supported charity and mobilise your membership to get behind us to raise funds through your club activities.
- As a company, your employees may choose to support Age UK Wiltshire as Charity of the Year and organise various fundraising events. They may also support us with volunteering days such as helping at our events or helping our clients.

Sign up to support us on EasyFundraising and raise free donations for us when you shop online with all your favourite retailers! You can raise money for us every time you shop online at no extra cost.

[Sign up here](#)



## Follow us on social media

[Facebook - Age UK Wiltshire](#)

[Facebook - Age UK Southampton](#)

[Facebook - Charity Shops with Information Points](#)

[Instagram](#)

[LinkedIn](#)

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We hope you enjoyed our newsletter! If you have any questions or feedback please do let me know by replying to this email. Alternatively, if you would like to stop receiving these emails please use the unsubscribe link below.



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